



Tough day on the job?

Health in Gear is here to support **you**.

Transport and logistics workers and their families can access:

- Free counselling
- 24/7 phone support
- Healthy Tips
- Our Share the Load Podcast

Scan QR to access



 1800 IN GEAR (1800 464 327)

 healthingear.com.au

Health in Gear is a program developed by the OzHelp Foundation.