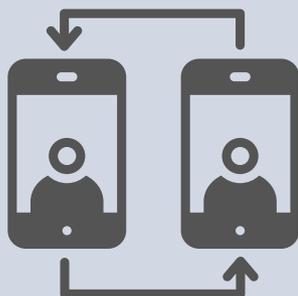


Managing Drivers' Wellbeing - COVID-19

The community of NSW faces a challenging road ahead with increasing COVID-19 cases and the recent extension of the stay-at-home orders. Our drivers who are providing safe and essential services to passengers may be experiencing heightened stress, anxiety, and helplessness.

Together, let's make sure they have the support and resources they might need. Please use the following tips and resources to help support drivers' wellbeing.

Communicate Regularly



Communicate regularly and keep drivers informed

Refer drivers to appropriate channels for financial advice if needed

Remind drivers to practice good hygiene and utilise all resources available to them including Vehicle Sanitisation Stations (VSS)

Consult with drivers when making decisions on their safety matters and remind them that they have a duty to care for their own health and safety and that of their passengers.

Provide Support



Reinforce regular sleep routines, drivers need to rest well, keep active and eat healthy food

Encourage drivers to seek support if they are feeling overwhelmed or stressed

Share support services with your drivers, for tips on staying mentally well and seeking support.

Source: [SafeWork Australia](#) and [Beyond Blue](#)

For more information on Coronavirus (COVID-19) and point to point transport industry, visit our website for [Covid 19 updates](#).

Mental Health Services

Call anytime for support

If you are experiencing stress or anxiety as a result of COVID-19, please seek help. Many organisations offer advice and tips on how to look after your mental health as well as providing free support by online chat, phone or email.

Call triple zero (000)

If someone is at immediate risk or harm.

Lifeline Australia

Crisis Support & Suicidal
Prevention
13 11 14
www.lifeline.org.au

Crisis Support Chat
Lifeline Text 6PM-12AM

NSW Mental Health Line

1800 011 511
www.health.nsw.gov.au

Beyond Blue

1800 512 348
www.beyondblue.org.au

Headspace

1800 650 890
www.headspace.org.au

Try Free:
**Relieving stress through
meditation**

Black Dog Institute

(02) 9382 2991
www.blackdoginstitute.org.au

MY Compass

A personalised self-help tool
for your mental health