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# JOINT MEDIA RELEASE

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## APS JOINS FIGHT AGAINST ANXIETY AND DEPRESSION

APS Group, a leading recruiter in the logistics industry, has joined with some of Australia's biggest transport companies by showing their support for *beyondblue's* Anxiety and Depression Awareness Month, in conjunction with the Australian Trucking Association.

CEO of APS, Cameron Price, said "putting anxiety and depression on the radar this October was just one way the company helps our drivers. APS is serious about improving the health and well being of our drivers, which is why we are helping to raise awareness of anxiety and depression as part of ADA Month".

Promoting anxiety and depression awareness will assist APS' Destination Zero initiative, which further demonstrates their commitment to the health and safety of all employees and their continued dedication to reduce workplace injuries to zero.

To encourage drivers to gain an awareness of anxiety and depression, APS has instituted a number of initiatives for ADA Month, including:

- a letter to all transport clients supporting the cause and promoting the *beyondblue* foundation;
- a mail out of the ATA fact sheet to all drivers;
- the distribution of an information pack to every APS Branch offices nationally;
- a link to the *beyondblue* website on the company's internet site; and
- the addition of the *beyondblue* logo on the bottom of every email signature nationally.

ATA Chief Executive, Stuart St Clair, said APS's involvement in ADA Month showed they were serious about improving the working conditions of their drivers.

"APS has a proud history in Occupational Health and Safety and by getting involved in ADA Month, they continue to show they are at the forefront of health in the transport sector," Mr St Clair said.

"We need to get the message out that depression is much more serious than feeling sad every now and then or having a bad day on the road. If someone isn't travelling too well, they shouldn't feel embarrassed to have a chat to their doctor."

For more information on how your business can get involved in ADA month visit *beyondblue's* website at [www.beyondblue.com.au](http://www.beyondblue.com.au). A range of resources, including sample newsletter articles, a poster to promote ADA month, an email signature and a fact sheet on anxiety and depression is available from the ATA website at [www.atatruck.net.au](http://www.atatruck.net.au).

For information and referral to relevant services for depression and anxiety related matters contact *beyondblue* on 1300 22 4636. Transport drivers and their family members can also contact the Trans-Help Foundation on 1300 787 996 or visit [www.transhelpfoundation.com.au](http://www.transhelpfoundation.com.au).

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***National Voice of the Australian Trucking Industry***