

MEDIA RELEASE



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ATA LAUNCHES ANXIETY AND DEPRESSION AWARENESS CAMPAIGN

As part of *beyondblue's* Anxiety and Depression Awareness (ADA) Month, the Australian Trucking Association (ATA) has today launched a package of information and resources to help trucking operators raise awareness of anxiety and depression.

ADA Month aims to help the community understand the symptoms of depression and anxiety, address the stigma surrounding the illnesses and help sufferers to get information on how to seek treatment.

With statistics showing that over a million Australians are affected by depression each year, ATA Chief Executive, Stuart St Clair, said raising awareness in every industry was vital.

"Trucking companies need to be concerned about depression, like companies in every industry. By backing *beyondblue's* ADA Month, businesses can show they are serious about supporting the wellbeing of their staff," Mr St Clair said.

"Already, one of Australia's biggest trucking organisations, Linfox, has announced they will get involved in ADA Month. Staff across the country will be provided with information on anxiety and depression and the company will be holding a Wear Blue Day on 16 October to raise money for *beyondblue*."

Mr St Clair urged people who have anxiety or depression to seek help for their condition.

"Depression is much more serious than feeling sad every now and then or having a bad day on the road. If you aren't travelling too well, don't be embarrassed to have a chat to your doctor.

"It's not a sign of weakness to ask for help. If you need assistance talk to your doctor or contact the *beyondblue* info line 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."

The trucking industry anxiety and depression resources can be accessed via the ATA website at www.atatruck.net.au and contains:

- a fact sheet outlining the causes and symptoms of anxiety and depression, and how businesses can get involved in ADA Month;
- ideas on how businesses can promote anxiety and depression awareness in the workplace, including a sample on-hold message script, email signature, and a sample newsletter article; and
- details of where to find help and get more information on depression and anxiety.

For information on depression, where to get help and available treatments go to www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636 (cost of a local call from a land line).

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National Voice of the Australian Trucking Industry