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SARGENT PUTS ANXIETY AND DEPRESSION ON THE RADAR

Leading business fleet solutions provider, Sargent, is helping in the fight against anxiety and depression by getting involved in *beyondblue's* Anxiety and Depression Awareness (ADA) Month, in conjunction with the Australian Trucking Association (ATA).

Sargent's National Sales and Marketing Manager, Grant Harrison, said participating in ADA Month was an important way to help Sargent's customers improve the health of their staff.

"Anxiety and depression have been on Sargent's radar for quite some time now, with the company providing a free counselling service to its staff," Mr Harrison said.

"We are also in the process of implementing a national workplace program to raise awareness of depression and its effects, as well as providing direction for staff in terms of helping friends, family and colleagues who show signs of depression."

"The Sargent community will don blue items of clothing for the company's Wear Blue Day on 23 October, which also serves to raise awareness among staff.

"Sargent has invited the Chief Executive of the ATA, Stuart St Clair, to contribute a piece on depression to its Industry Feature in the company newsletter, to encourage customers to join the ATA and Sargent in raising the profile of this very important cause.

"Depression is very common and can affect anyone at any time for many different reasons. More than one million adults and 160,000 young people in Australia experience depression or anxiety each year."

Mr St Clair said Sargent's commitment to spreading the word on anxiety and depression showed they are taking the health of Australia's truck drivers seriously.

"Trucking companies need to be concerned about depression, like companies in every industry. By backing *beyondblue's* ADA Month, Sargent has shown they are serious about supporting the wellbeing of truck drivers across the country," 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. 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.

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.

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National Voice of the Australian Trucking Industry