



Let's Break the Silence: Mental Health Matters in Transportation and Warehousing

Did you know that 35.5 out of every 100,000 male workers in the transportation and warehousing industries die by suicide? **That's more than the national average.**

Workers in transportation and warehousing often face overwhelming challenges:

- Physical and mental fatigue can cause high stress levels.
- High expectations for speed, accuracy, and reliability.
- Long hours, overnight hauls, and time away from family take a toll.
- Isolation on the job from working alone, behind the wheel, or in massive facilities.

Let's partner to protect the people who keep everything moving.

BENEFIT FROM:



Tailored Support

Our EAP services are built with the realities of the transportation and warehousing industries in mind.



Supervisor Training

Equip managers to recognize warning signs and intervene early.



Proven Impact

We help you build a culture where mental health is taken seriously—improving morale, safety, and retention.



24/7 Access

Immediate, confidential help when your employees need it most.



On-Site Support

Suicide prevention messaging and in-person education reduce stigma and promote awareness.

**Contact Us To
Request Info & Discuss
Your Options >>**

