



# Let's Break the Silence:

## Mental Health Matters in Transportation & 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 automotive repair services industry in mind.



#### 24/7 Access

Immediate, confidential help when your employees need it most.



#### Supervisor Training

Equip managers to recognize warning signs and intervene early.



#### On-Site Support

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



#### Proven Impact

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

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

