

## MENTAL HEALTH SNAPSHOT

# Truck Drivers



Rates of heart disease, obesity and mental health concerns are higher than other workers.

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Rates of depression double when truck drivers work alone (38%).

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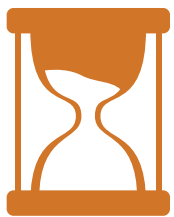
27% of drivers report chronic sleep disturbances.

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Trucking is seen as highly stressful, yet professional help is rarely sought due to time constraints and the working hours of the job.

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Long hours, tight deadlines and hours spent alone make trucking one of the highest risk occupations for mental health disorders.

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