



AttCall's Tribute Mack Super-Liner truck on the road for mental health awareness



The Rozelle Interchange Project welcomed a visit from an eye catching new 100 Year Anniversary Mack Super-Liner truck and dog.

Sydney-based earthmoving and excavation firm AttCall Civil Contractors have recently unveiled the Mack which features a sepia toned Australian flag in keeping with the monochrome theme of the truck and airbrushed artwork in homage to one of their long-term driver's Charles 'Huddy' Simons, who sadly lost his own battle with mental health in 2020.

Attcall the family-owned construction company have partnered with the [Black Dog Institute](https://www.blackdoginstitute.org.au) to raise awareness around mental health in the construction industry. They will be donating 10 cents for every kilometre the truck travels to the Black Dog Institute. The truck is unique as it acts as a moving billboard featuring the message 'On the road to better mental health' starting conversations and raising awareness for mental health at each stop.



According to the Black Dog Institute, 1 in 5 Australians will experience symptoms of mental illness in any given year. In Australia that's around 5 million people. And roughly 60 per cent of these people won't seek help.

On the project looking after our mental health is just as important as our physical health. The project employs a number of initiatives to provide support to employees and ensure mental health and wellbeing is prioritised. These include:

Mental Health First Aid: trained Mental Health First Aiders (MHFAs) are available throughout the project. Having someone familiar to chat to initially can help make that first step of asking for help that little bit easier. Easily identified by their hi-vis uniforms with a colourful patch on the collar and the hem of the shirts they can offer advice on where you can find further help if need be.

Monthly Mental Health Check ins: onsite counselling opportunities are made available in partnership with Gryphon Psychology with monthly visits to both tunnels and surface works.

Online Resources: Webinars, podcasts, and articles on mental health, financial wellness and more are available through the health and wellbeing portal.

Supporting staff, workforce and subcontractors equally: ensuring access to initiatives is available for all personnel working on the Project, including training opportunities to become Mental Health First Aiders to improve the reach of our Mental Health First Aiders and ensure support for mental health is ingrained in the projects DNA.

