**Monthly fleet focus, Sept 2025: Mental Health and Wellbeing**

**Driver Safety Messages**

Four messages to send to your drivers, one per week

1. Did you know that stressed drivers are [many times more likely to speed](https://pmc.ncbi.nlm.nih.gov/articles/PMC7571166/#:~:text=Sixteen%20drivers%20participated%20in%20the,driving%20times%20is%20also%20longer.) or fail to give way to other road users? They [accelerate intensively six times](https://pmc.ncbi.nlm.nih.gov/articles/PMC7571166/#:~:text=Sixteen%20drivers%20participated%20in%20the,driving%20times%20is%20also%20longer.) more often than non-stressed drivers and brake harshly twice as often. #MentalHealthMatters #RoadSafety
2. Male HGV and van drivers have a [significantly higher risk of suicide](https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/articles/suicidebyoccupation/england2011to2015)than men in other sectors. Make sure your drivers have #mentalhealth support [CALMDriver](https://www.drivingforbetterbusiness.com/calmdriver/) #RoadSafety #FleetSafety
3. Stress and strong negative emotions can hijack our brains, affecting emotional regulation, rational decision-making and situational awareness. Protect at-work drivers from stress and anxiety for a safer fleet. #MentalHealthMatters #RoadSafety
4. Mindfulness, breathing exercises and even posture can all help the brain to reset and calm stress and negative emotion. Teach drivers these [free, simple exercises](https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/) to help manage #MentalHealth and create a safer fleet.