



Modern Freight Company  
Your Trusted Partner

# Workplace Mental Wellbeing Statement

Mental wellbeing is about our thoughts, feelings, and how we cope with the ups and downs of everyday life.

## Aim

MFC aims to support our employees' mental wellbeing by creating and promoting a healthy working environment in which everyone feels safe, comfortable, and happy in their work. We are guided by the MFC Spirit, which highlights loyalty between management and staff and recognizes that there is more to our people than their jobs. Our relationships are professional and personal – it's a combination that matters, and one that works.

## Objectives

- To appreciate that we are all different but together all part of MFC diverse global family.
- To identify issues and work together to resolve them.
- To nurture an open corporate culture in which employees feel safe and empowered to raise any problems.
- To support employees faced with mental health issues and to assist them in seeking professional help, if needed.

## Support Available

At MFC, we guarantee the availability of Certified Mental Health First Aiders to offer assistance to our employees facing mental health challenges. Employees encountering any mental health issues are urged to contact the HR department for support from these specialized individuals.

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Laurance Langdon,  
General Manager

*This policy will be reviewed annually by top management and, where deemed necessary, amended and re-issued.*