



## Support for small business owner mental health

**Small business owners are significant contributors to the Australian economy—yet they suffer more from symptoms of depression and anxiety than the general population.**

The Australian Government recognises that the mental health and wellbeing of small business owners is integral to the health and wellbeing of their business, and that small business owners need targeted support. That is why the Australian Government is investing in a number of mental health and wellbeing initiatives that are specifically tailored to small business owners.

The Australian Government's Ahead for Business and BusinessBalance initiatives help small business owners take proactive steps to improve their mental health.

### Ahead for Business

**Ahead for Business** is the only bespoke digital hub designed to promote the wellbeing of small business owners.

Delivered by mental health organisation, Everymind, the Ahead for Business digital hub empowers small business owners to be mentally healthy through tailored information and resources, peer-to-peer engagement, and personalised check-ups and action plans.



For more information visit [www.aheadforbusiness.org.au](http://www.aheadforbusiness.org.au)

### BusinessBalance

The Australian Government's BusinessBalance initiative provides immediate, short term support for small business mental and financial wellbeing. The initiative consists of two elements: NewAccess for Small Business Owners and Counting on U.



**NewAccess for Small Business Owners** is a free and confidential mental health coaching program delivered by Beyond Blue.

The program provides small business owners with up to six structured sessions with a trained mental health coach. Coaches have a small business background, allowing them to better understand the challenges small business owners may face.

No GP referral or mental health treatment plan is required. The program is available nationally Monday to Friday 8am – 8pm AEST via phone or video call.

Any small business owners or sole traders who are feeling stressed, worried or overwhelmed can enquire about NASBO today on 1300 945 301 or visit [beyondblue.org.au/newaccess-SBO](http://beyondblue.org.au/newaccess-SBO)

## Counting on U

**Counting on U** is a free online professional development program for business advisers delivered by Deakin University.

The program integrates mental health first aid training with relationship-centred, business mentoring to empower small business advisers to better support the mental wellbeing of their small business clients.

**“If taking this course results in one person accessing professional services sooner, then surely it is worth doing.”** - *Andrew Conway, CEO of the Institute of Public Accountants*

Counting on U, is run in partnership with the Institute of Public Accountants, CPA Australia, Chartered Accountants Australia and New Zealand, the Institute of Certified Bookkeepers, Beyond Blue, WorkSafe Victoria and Mental Health First Aid Australia.

To learn more about Counting on U, visit <https://blogs.deakin.edu.au/counting-on-u/about-us/>

