

Taking care of your #1 business asset – yourself

We're here for small business

SMALL BUSINESS AND MENTAL WELLBEING

It's been a really challenging time for all Victorians, but if you own a small business, you've probably been impacted more than most.

With many business owners focused on looking after their family and employees while keeping their business going and adapting to changing circumstances, they might not have prioritised their own mental health.

WHY CREATE A MENTAL HEALTH PLAN?

Creating a plan is one way to make sure you have strategies in place to look after your wellbeing. It's also an important part of planning for business continuity and resilience.

Not sure where to start? Access your free copy of the Victorian Small Business Commission's (VSBC) [Responding to coronavirus \(COVID-19\): a small business owner's guide to creating a mental health plan.](#)

GUIDE TO CREATING A MENTAL HEALTH PLAN

The VSBC's easy-to-use guide can help you:

1. **identify potential stressors**, like feeling overwhelmed over not being able to pay rent
2. **recognise changes in yourself that signal 'I might need extra support'** – these might be personal, like feeling stressed, or work-related, like withdrawing from staff
3. **plan actions to take in response** – be it staying connected with friends online or getting accurate information about available supports.

You can use the VSBC's [handy template](#) to create your own plan. The VSBC also offers an [example plan](#) as a guide point.

ACCESSING MENTAL HEALTH SUPPORT

The [Partners in Wellbeing helpline](#) (1300 375 330, 9am – 10pm weekdays, 9am – 5pm weekends) is offering free and confidential mental health and financial counselling as part of the Victorian Government's Wellbeing and Mental Health Support program for small businesses. If you are experiencing a crisis and need immediate mental health support, call Lifeline's 24-hour service on 13 11 14.

