



# Mental health resources for small business owners



Small Business  
Development Corporation

**133 140**

[smallbusiness.wa.gov.au](http://smallbusiness.wa.gov.au)



# Mental health resources for small business owners

Being your own boss can be exciting, challenging and sometimes stressful. Long hours, unpredictable cash flow, significant changes in your industry and employee issues including labour shortages can leave you feeling mentally exhausted, stressed, anxious or depressed. This could have an impact on your relationships with family, friends, employees, suppliers and customers, and affect your ability to run your business. Support is available to business owners who are facing challenges that affect their mental wellbeing.

## Warning signs

Watch for warning signs that stress and anxiety are starting to build up. You may be experiencing stress, anxiety or depression if you:

- find it hard to concentrate or make decisions
- feel overwhelmed and unable to solve problems
- regularly feel irritable, sensitive, tense or close to tears
- constantly think of work, even during personal time
- find reasons not to get out of bed or go to work
- avoid essential day-to-day tasks
- spend less time with family or friends and generally avoid social situations
- drink excessive alcohol or smoke more
- experience physical symptoms such as illness, headaches, stomach problems or a loss or change of appetite.

## Help with your business challenges

Sometimes, it can help to talk to someone who understands your business challenges to get practical, confidential advice.

The Small Business Development Corporation (SBDC) is a Western Australian Government agency dedicated to supporting small businesses in WA to start, grow and thrive.

Our services to the small business sector include a free and confidential business advisory service; business skills workshops; a dispute resolution service; subcontractor support; online resources and more. In addition to our business advisory service, business owners in regional WA can access local support available through a network of providers in regional areas across the state.

If you are in small business in WA, you can turn to the SBDC.

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## Mental wellbeing support

One in five Australians will experience a mental health condition each year, and almost half of all Australians will experience a mental illness in their lifetime. There is no shame in asking for help. If you or someone you know is struggling, here are some resources you can access.



**If you are at immediate risk of suicide or self harm, you can:**

- call Lifeline 13 11 14
- call the Suicide Call Back Service 1300 659 467
- call 000
- call your local hospital and ask for their Mental Health Team, or present at your local emergency department

## Ahead for Business

A digital hub designed specifically to help small business owners by supporting their mental health. Their website has a range of free resources to help you assess your situation, access support and develop health and wellbeing plans for yourself and your business.

[aheadforbusiness.org.au](https://aheadforbusiness.org.au)

## Beyond Blue

Speak with a trained counsellor for support and advice 24/7. Call 1800 22 4636 or access online support.

[beyondblue.org.au](https://beyondblue.org.au)

## NewAccess for Small Business Owners

A free and confidential mental health coaching program developed by Beyond Blue for small business owners, NewAccess for Small Business Owners offers six telehealth sessions during which coaches with a small business background work with you to overcome issues you are experiencing.

Available until December 2024.

<https://www.beyondblue.org.au/get-support/newaccess-mental-health-coaching/newaccess-for-small-business-owners>

## Mental health treatment plan

Your GP can develop a care plan to support you to receive mental health assistance. A mental health treatment plan will provide access to Medicare-subsidised sessions with a psychologist, making accessing mental health support less costly and more accessible. Your GP will recommend and refer you to a psychologist that suits your needs and location.

[healthdirect.gov.au/mental-health-treatment-plan](https://healthdirect.gov.au/mental-health-treatment-plan)

