



Mental health and wellbeing for small business and adults

NewAccess for Small Business Owners Program

- A free and confidential mental health coaching program, developed by Beyond Blue to give small business owners (with 20 employees or less), including sole traders the support they need.
- The program uses Low-intensity Cognitive Behavioural Therapy (LiCBT) that allows participants to recognise the way they think, act, and feel and break unhelpful thoughts.
- Over six sessions, coaches with a small business background will work with you to overcome difficult issues, providing you with practical skills to manage stress and get you back to feeling like yourself.
- At your first appointment your coach will complete an initial assessment with you, and develop a program tailored to your individual needs.
- NewAccess for Small Business Owners is available nationally by phone or video call.



A small business owners's guide to creating a mental health and wellbeing plan

- Including mental health as part of overall business planning and operations contributes to a healthy bottom line for your business and yourself.
- Developing a mental health and wellbeing plan is one way to make sure you have strategies in place to look after your mental wellbeing. It's also an important part of planning for business continuity and resilience.
- This guide can be used if you are a sole trader, or to help support your employees' mental health.
- You can use the mental health plan template to guide your planning, or you can take your own approach.



Workers' Psychological Support Service

- Queensland service to support workers experiencing work-related psychological injury to connect with the community services they need.
- This independent, confidential and free service is an initiative of the Queensland Council of Unions but is here to help all Queensland workers.
- An experienced social worker will provide support and guidance, connecting people with the community services they need.
- This might include housing assistance, counselling, financial advice or other services.
- It is accessible to any Queensland worker through a toll-free telephone number 1800 370 732 between 9AM and 5PM Monday to Friday.



R U OK? Workplace Resources

- R U OK? has released new resources to encourage more business leaders, owners and employees to build an R U OK? Culture in their workplace so that everyone feels safe, supported and encouraged.
- The resources, including the R U OK? Workplace Champions Guide, promote peer-to-peer support and regular meaningful conversations amongst colleagues in the workplace.
- Some of the resources available are tailored specifically for small business, hospitality and the motor trades amongst others.



1300 MH CALL: Mental health access line (1300 642 255)

- A confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.
- 1300 MH CALL is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health service.
- If you feel that you may be in need of mental health support and have never accessed a mental health service before, please contact your general practitioner or phone our mental health access line 1300 MH CALL (1300 642255).



Mental Health Care and Medicare

This page provides an overview of the services and support that may be partially covered under Medicare in relation to mental health and wellbeing.



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Request a call-back from your local DESBT Regional Office