

**Empowering chambers  
to support their  
business community's  
mental health and  
wellbeing**



**CCIQ** Powering  
business  
potential

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Project Lead

Everymind







# Ahead for Business

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10 October 2022





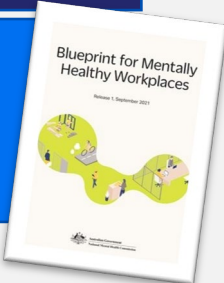
# Mental health supports for small business




& My Business Health

**Building an ongoing national framework**


**National Workplace Initiative (NWI) – National Mental Health Commission**



**Intermediary training**  
Building capability around small business



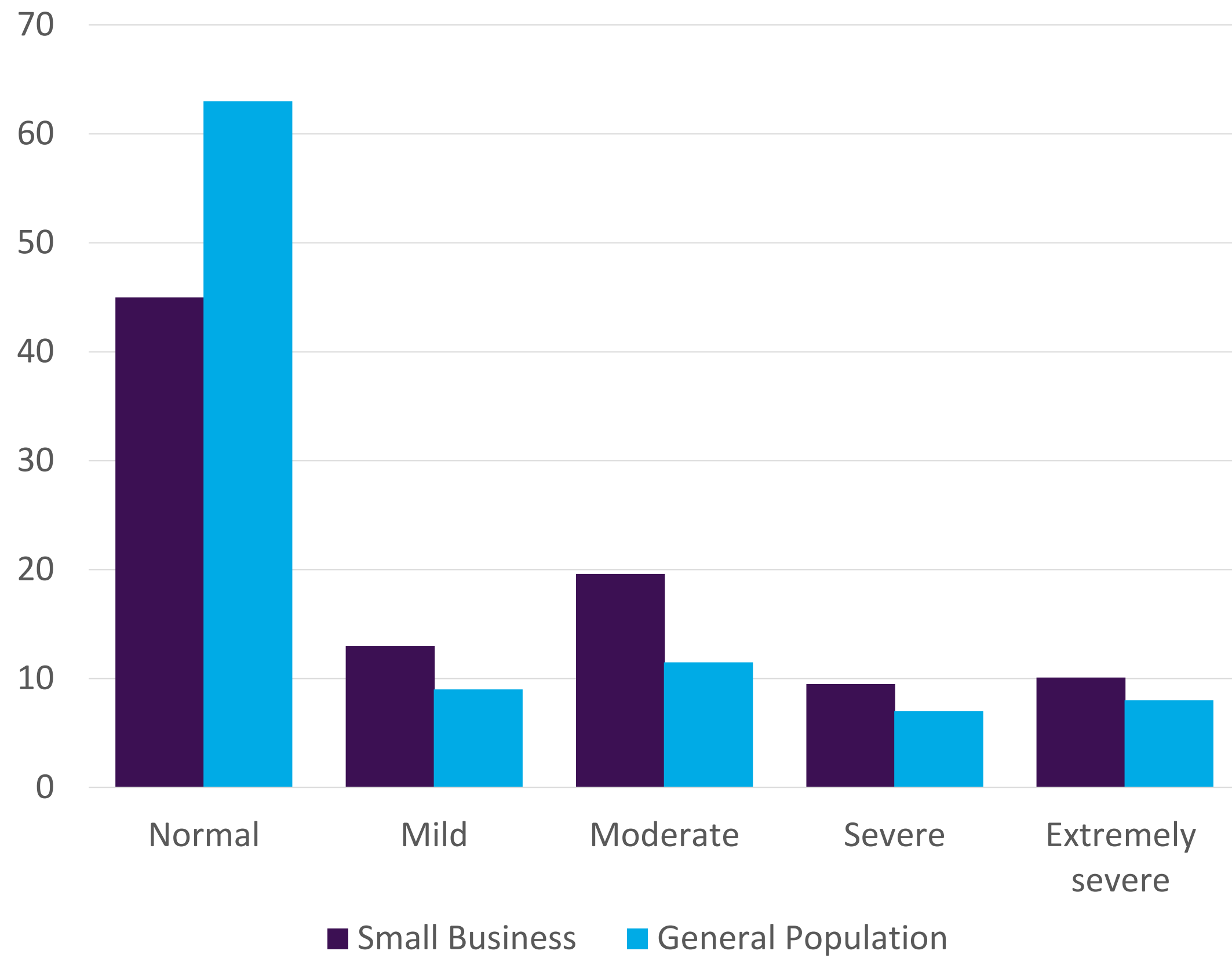
Beyond Blue  
**Heads Up adviser training**



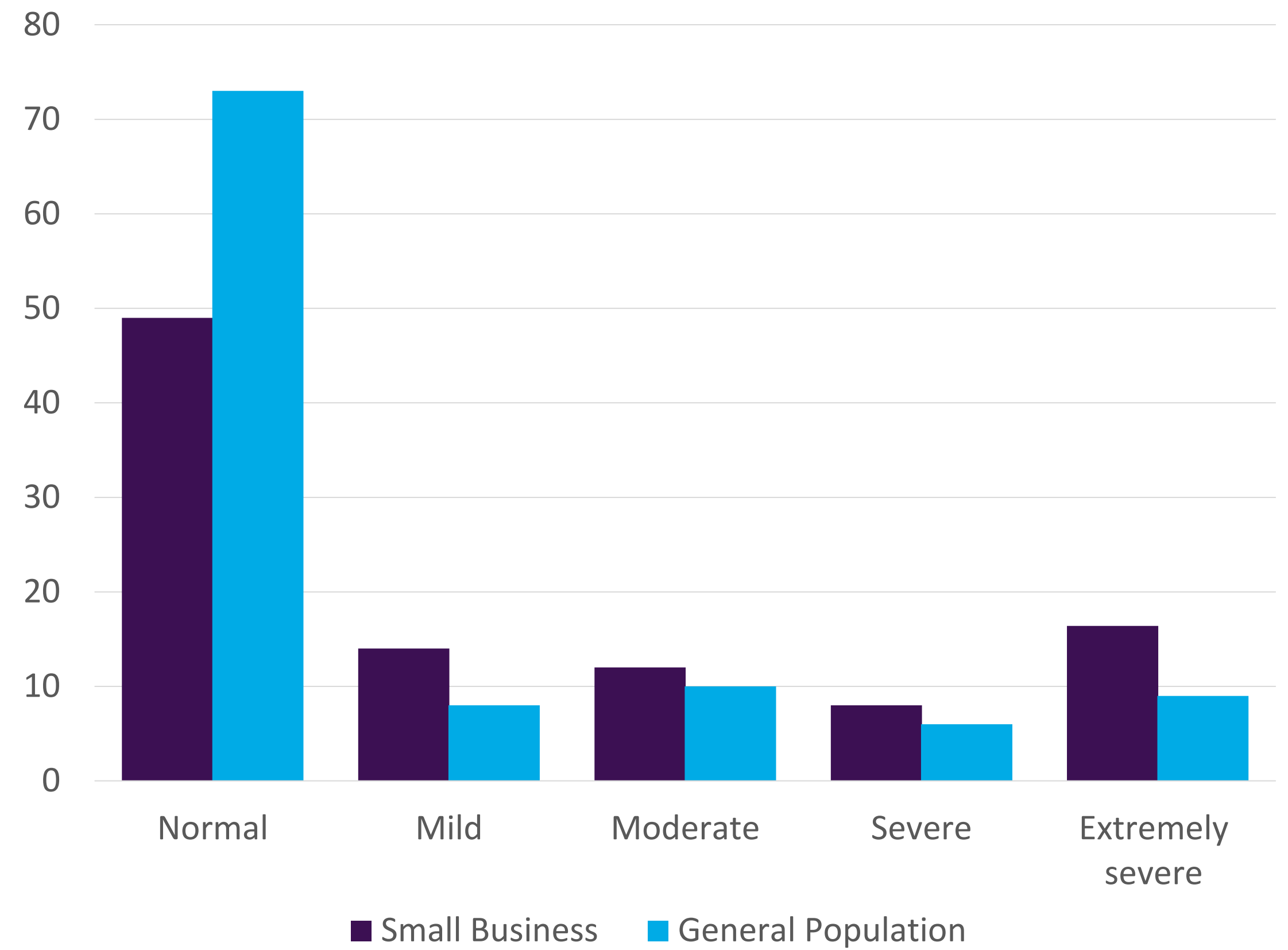
Deakin Business School  
**Counting on U**

# Mental health: small business owners

Symptoms of depression

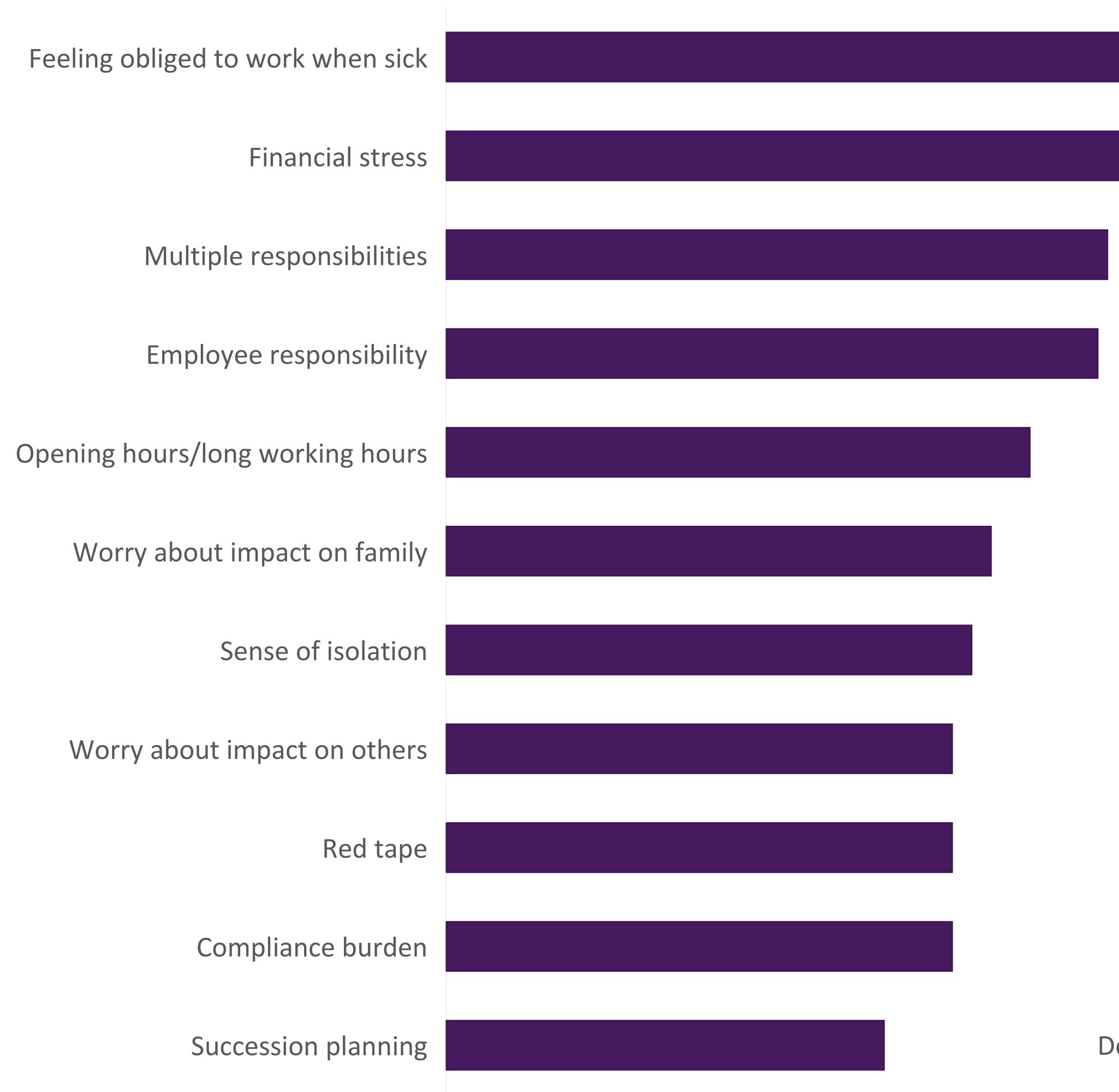


Symptoms of anxiety

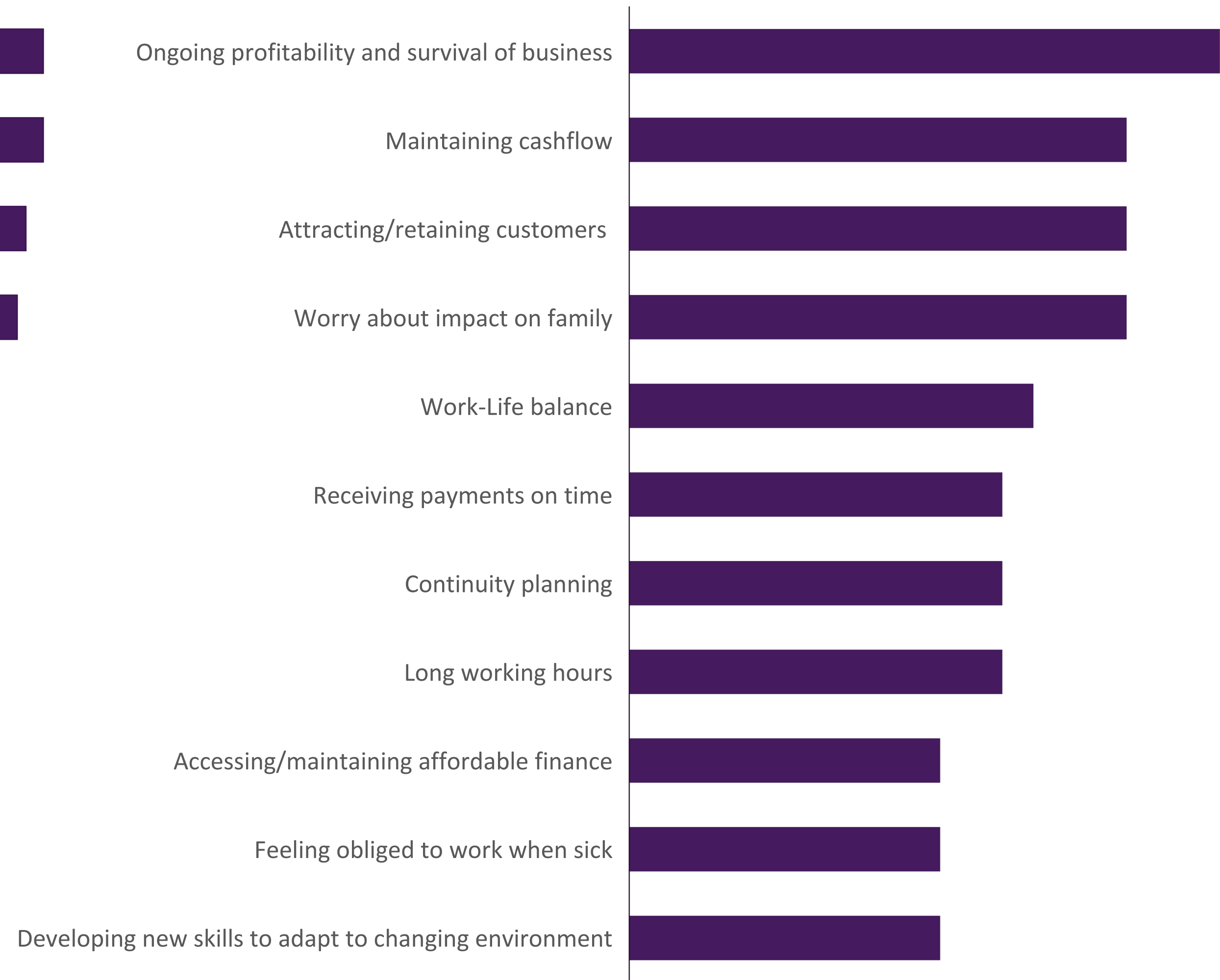


# Mental health: small business owners

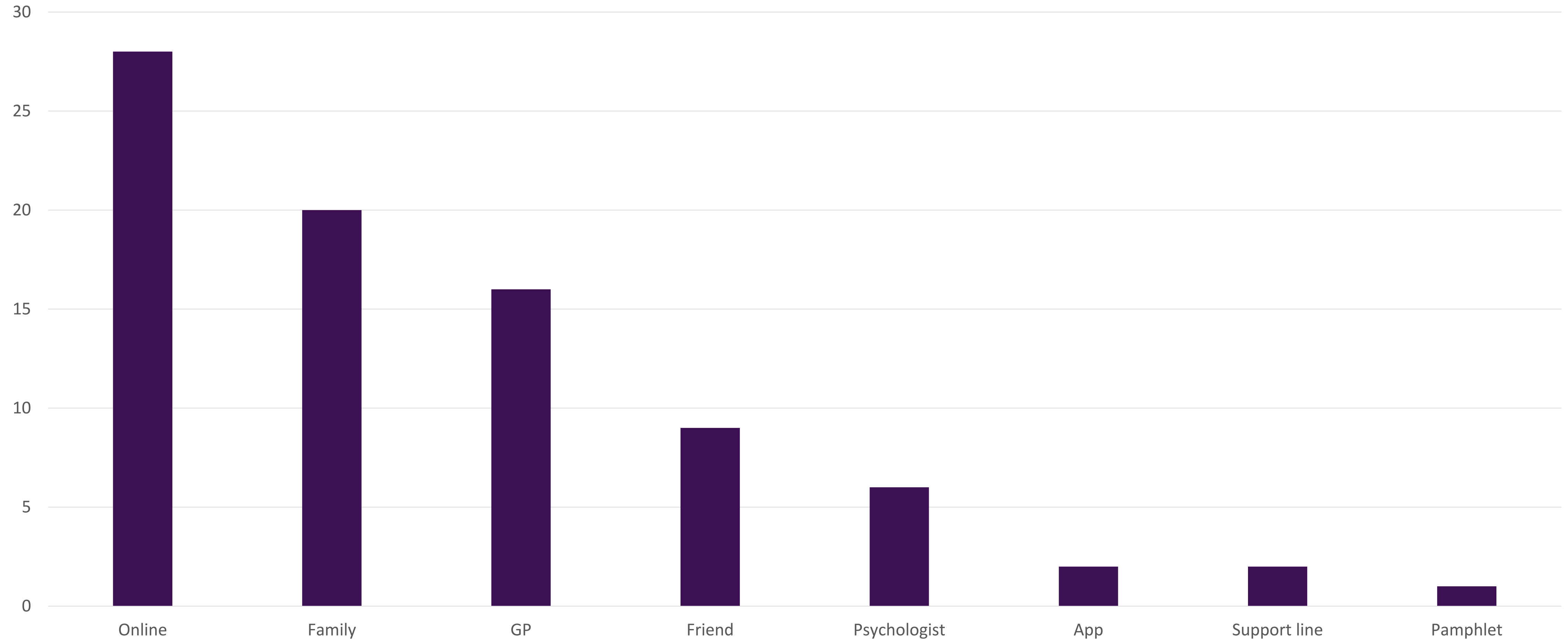
2017



2020



# Where do small business owners seek help?

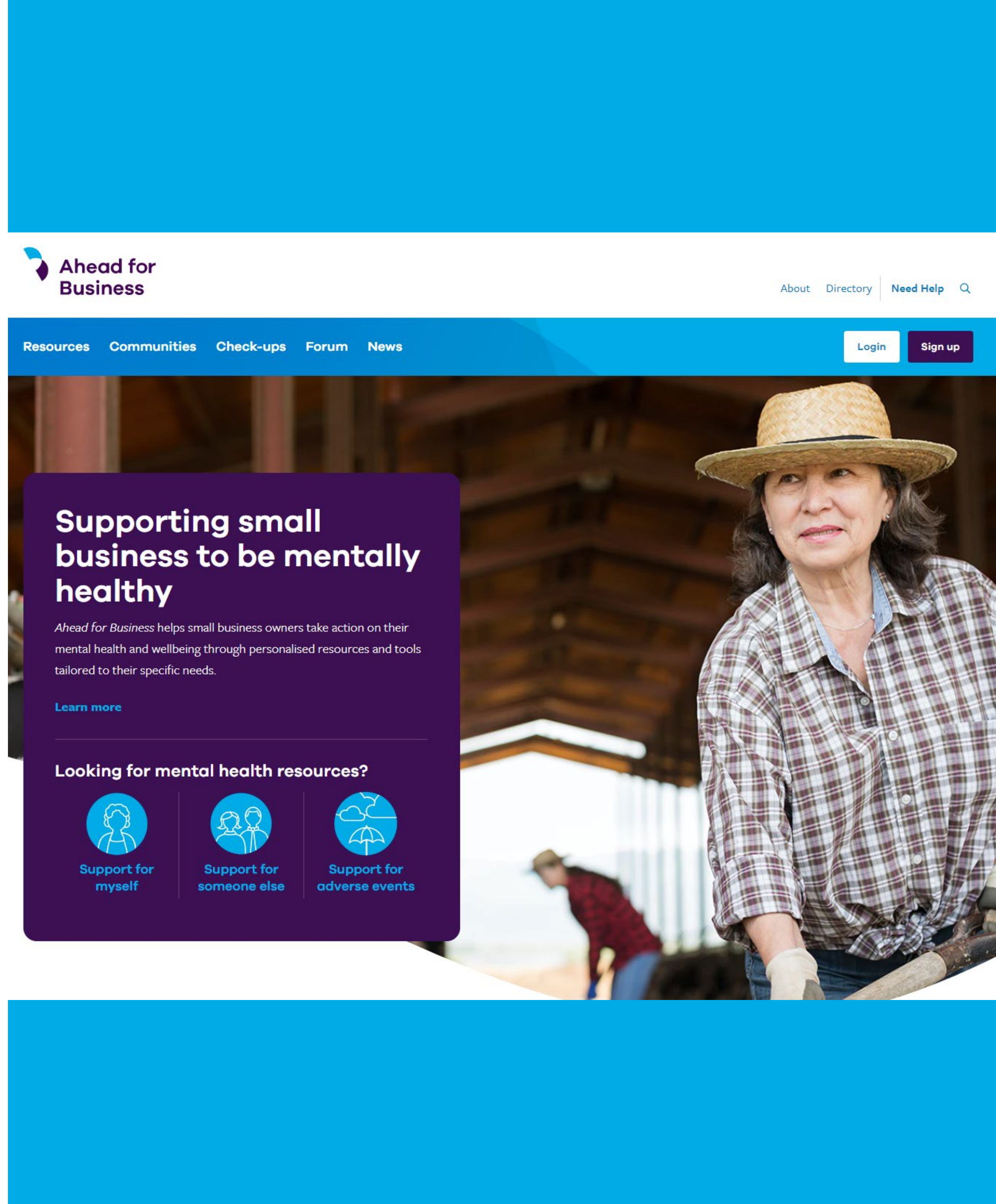




# What is *Ahead for Business*?

***Ahead for Business* is a digital hub that supports the mental health of small business owners through:**

- Individually tailored information and resources including articles, podcasts, videos, case studies and more
- Real stories from the small business community
- Updates on current and sector-relevant news
- Anonymous peer to peer forum
- Check-ups including mental health check-up, business stress test, and wellbeing plan





# Check-ups

## Mental Health Check-up

- The mental health check-up helps users assess their current levels of anxiety, depression, stress, overall wellbeing, and alcohol use.

## Business Stress Test

- Identifies areas small business owners may currently be struggling with and recommends tools and resources based on responses.

## Wellbeing Plan

- Guides small business owners through practical steps they can implement to improve personal and professional wellbeing.



# Business Wellbeing Training

The Business Wellbeing training is an online program designed to increase the knowledge and skills of small business owners and their employees on topics such as:

- What is mental health
- Stigma
- Effective communication
- Stress management and self-care
- Mental health in the workplace

## Supporting small business to be mentally healthy

Small business owners face many unique stressors as part of running their business. This training provides tailored information to support small business owners' mental health and tools to create a mentally healthy workplace.

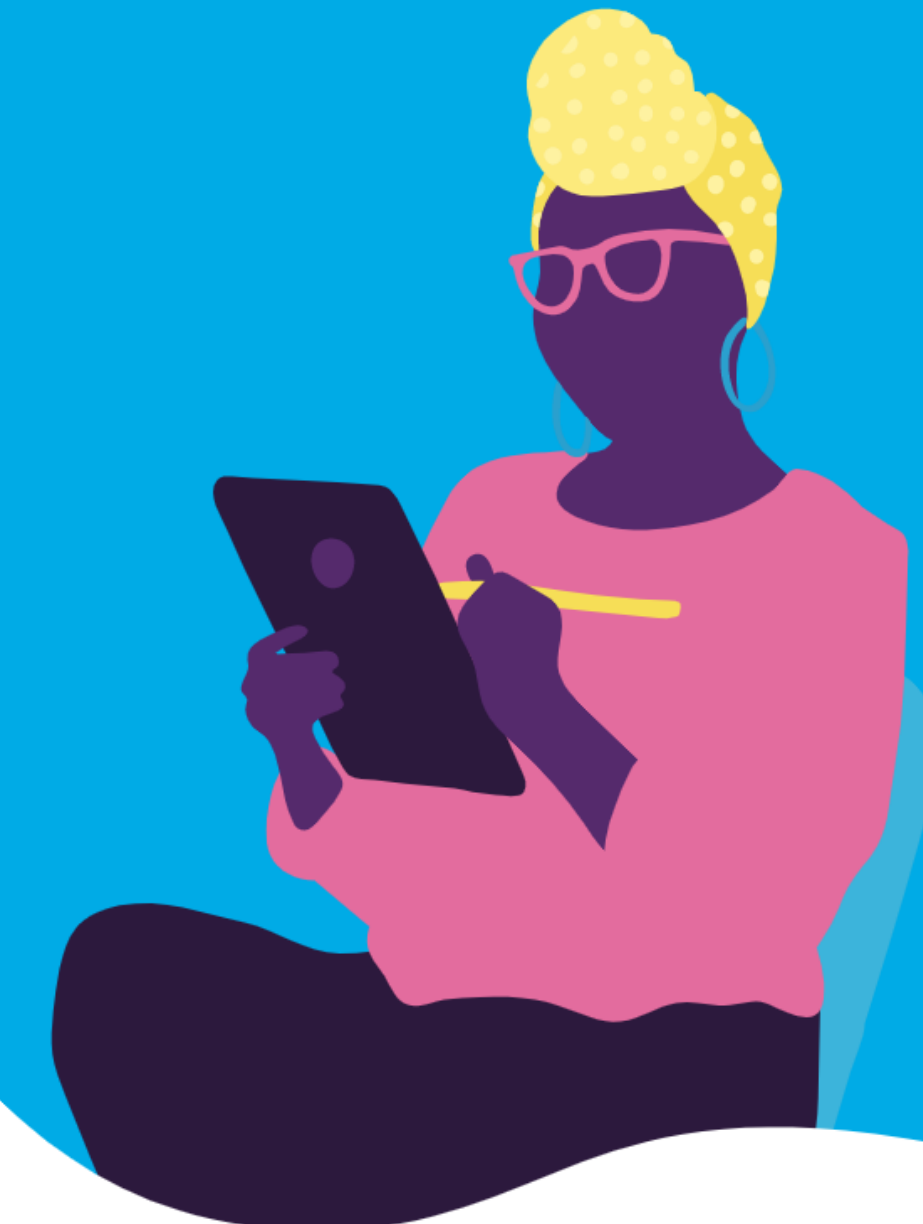
Email Address\*

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# Thank you

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

