

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



Linda Sheahan

Wellness and Prevention Engagement Lead

Beyond Blue





Mental health and small business

Chamber of Commerce and Industry Queensland

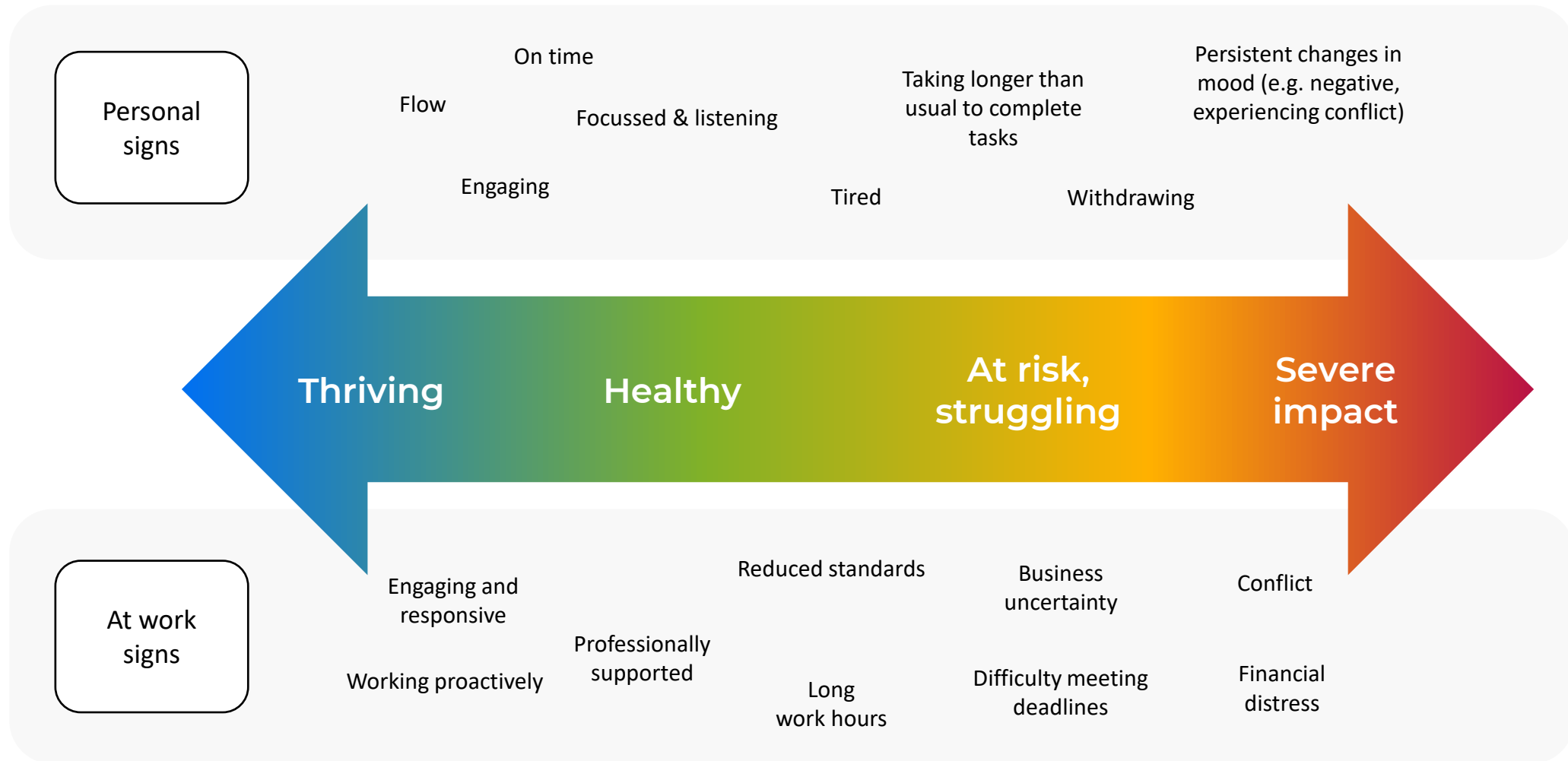
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What is mental health?



Same storm, different boats

We have different
anchors, capacities
and experiences...

... we can influence
our mental health
skills and tools



Why small business

97%
of businesses are sole operators and small businesses

2.3 million
businesses



Sole operator
62%



Micro
27%



Small
8%

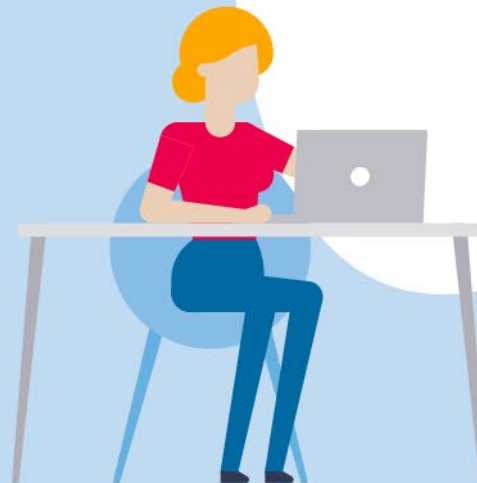
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Almost half the Australian workforce work in a small business

Small business employs approximately
4.7 million people¹



Issues



23%
of micro business owners reported a high level of psychological distress

25%
of small business owners reported a high level of psychological distress

36%
of sole operators reported a higher level of psychological distress



Health-related productivity losses in small business are high, with people often absent from work due to ill-health and/or working despite a health-related problem²

Sole operators face **unique stressors** – particularly in their first year of business – that can affect their mental health, including:



long working hours



social isolation



customer demands



cash flow issues



work/life balance



job insecurity



lack of administrative support

Money and mental health

Key research finding.

People experiencing financial challenges are **twice as likely** to experience mental health challenges, **and vice versa.**

Key research finding.

Appropriate support in mental wellbeing or financial wellbeing can have a **positive impact on the other.**

Source: ASIC and Beyond Blue, Money and Mental Health Social Research Report, August 2022

Mental health supports for small business



& My Business Health

Building an ongoing national framework

National Workplace Initiative (NWI) – National Mental Health Commission

Blueprint for Mentally Healthy Workplaces
October 1 September 2017

Intermediary training
Building capability around small business

Beyond Blue
Heads Up adviser training

Deakin Business School
Counting on U
Let's start a different conversation

Deakin Business School
Counting on U

NewAccess for Small Business Owners



MY BUSINESS HAS HIT A ROUGH PATCH...
...SO HAVE I

Don't downplay what's playing on your mind.

 **NewAccess**
Developed by **Beyond Blue**

NewAccess provides free and confidential mental health support.

 **1300 945 301**
 beyondblue.org/newaccess-SBO

 **Richmond Fellowship Queensland**

Funded by
 **Australian Government**
Department of Industry, Science, Energy and Resources

- Fully funded mental health coaching program
- Specifically developed for Small Business Owners
- Coaches have small business background
- 100% confidential
- No requirement for a doctor's referral
- Strong evidence and clinical framework
- Coaches have training and clinical supervision
- Available nationally via phone or video call, from 8am – 8pm (AEST), Monday to Friday
- Eligibility: people in Australia aged 18+ who:
 - own a small business (20 people or less) or
 - are a sole trader

It works!

66%

National
Recovery
rate

88.7%

felt more
equipped to
address similar
issues if they
arose in the
future

89.9%

said they
received the
help that
mattered to
them

86%

said they felt
more
productive and
able to address
future business
challenges

“Taking part in the NASBO Program has helped me to **develop valuable skills** which I have implemented into my daily life. This in turn has assisted me to **manage stress in my business**, helped in my family **relationships** and given me a more positive **outlook** on life. I felt **comfortable** speaking with my coach Lawrence and liked the fact it was **confidential** and not being recorded on my medical records with my family doctor.”

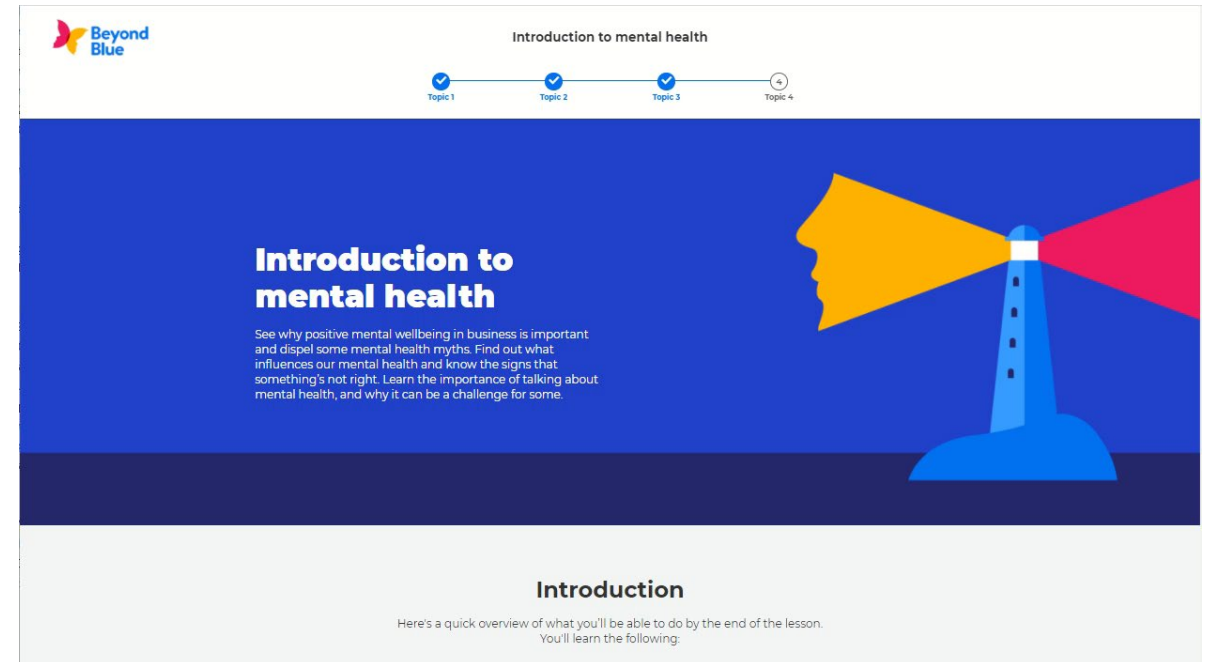
- Participant, NewAccess for Small Business Owners

Free online course for small business advisers

Mental Wellbeing: Supporting yourself and small businesses

Modules:

- Introduction to mental health
- Look after yourself at work and home
- Check in on someone
- Support small business day to day



The screenshot shows the 'Introduction to mental health' course page. At the top left is the 'Beyond Blue' logo. A progress bar at the top right shows four topics: Topic 1, Topic 2, Topic 3, and Topic 4, with Topic 1, 2, and 3 marked as completed. The main content area has a dark blue background with a lighthouse illustration on the right. The lighthouse has a yellow beam of light on the left and a red beam on the right. The text on the page reads: 'Introduction to mental health' in large white font, followed by a paragraph: 'See why positive mental wellbeing in business is important and dispel some mental health myths. Find out what influences our mental health and know the signs that something's not right. Learn the importance of talking about mental health, and why it can be a challenge for some.' Below this is a section titled 'Introduction' with the text: 'Here's a quick overview of what you'll be able to do by the end of the lesson. You'll learn the following:'



How to enquire?

 beyondblue.org.au/newaccess-sbo

 1300 945 301

 newaccess.smallbusiness@rfq.com.au

