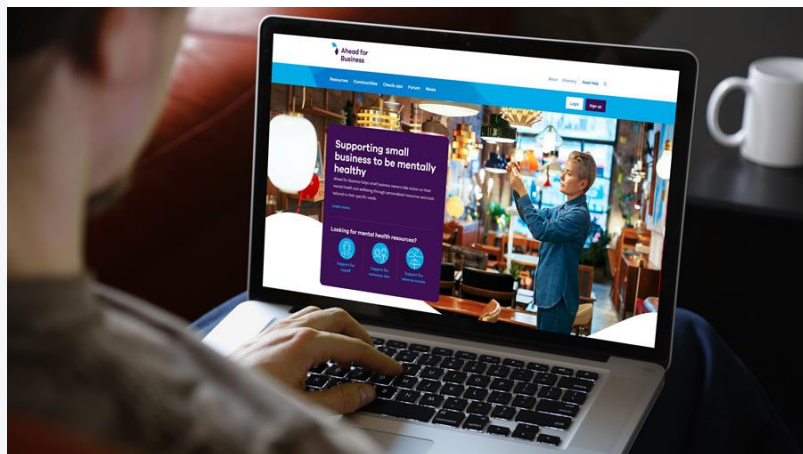


eNews August 2021

Welcome to the latest *Ahead for Business* e-newsletter, bringing together resources from the digital hub with events and services from the community to support your mental health and wellbeing in small business.

Share this e-newsletter with your networks, and encourage them to [subscribe](#).



New look for *Ahead for Business* digital hub

The *Ahead for Business* digital hub has received a refresh as the project moves into its next phase. It's now easier than ever for you to find tools and resources relevant to you and your business. You can read articles, listen to podcasts, watch videos, or perform self check-ups to ensure you keep on top of your mental health and wellbeing at work.

[Learn more about the new look digital hub](#)



Recent lockdowns and available support

Has your business been affected by one of the recent lockdowns in Australia? With new restrictions emerging all the time, it's likely the answer is yes. While this can be frustrating and stressful, the Government has announced some new grants to help your business through these challenging times.

[Find support available in your state](#)

Follow facts



PAUSE THE SCROLLING



Coronavirus Mental Wellbeing
Support Services: 1800 512 348
www.headtohealth.gov.au

Pandemic fatigue – very real and very normal

Moving in and out of lockdowns, adapting to restrictions, and general uncertainty about what will happen next can be exhausting and can take a toll on your mental health. In a recent media release, Christine Morgan, CEO of the National Mental Health Commission, outlined the effects of pandemic fatigue and provided some guidance on how to overcome it. During these challenging times, it's important to look after yourself and others, so try putting some of these suggestions into action.

[Learn more about pandemic fatigue](#)

The new look *Ahead for Business* digital hub has an improved forum! You can join a community of fellow small business owners and share your own unique experiences, challenges, and tips with others. Engaging in this type of social support is great for your mental health and wellbeing.

[Head to the forum and say hello!](#)



The results are in - Business Wellbeing training program

The *Ahead for Business* team will be presenting outcomes of the recent Business Wellbeing training program at the [Workplace Mental Health Symposium](#) in September. Results will also be made available on the digital hub. Thank you to all the small business owners

who completed the program and provided feedback. The program will be improved and scaled up for a new trial later in the year – watch this space!



Free WayAhead Workplaces membership for micro-businesses

WayAhead Workplaces is offering micro-businesses free membership to help support their mental health throughout COVID-19. Membership will give you access to some helpful resources and last until December 2022.

[Learn more](#)



NewAccess for Small Business Owners

Owning a business can be stressful, especially with the added uncertainties of the COVID-19 pandemic. As a small business owner, you can access free support through the Beyond Blue NewAccess for Small Business mental health coaching program.

[Find out more](#)



© 2021 Everymind

Ahead for Business is an initiative of Everymind, funded by
The Australian Treasury.

[Preferences](#) | [Unsubscribe](#)