

eNews February 2021

Welcome to the latest *Ahead for Business* eNewsletter. With 2021 now well underway, looking after your mental health remains as important as looking after your business, so be sure to visit the [Ahead for Business](#) digital hub for helpful information, resources and tools to support you.



How to create a mentally healthy small business

Creating a mentally healthy business can encourage good mental health and prevent mental ill-health, as well as helping to support the wellbeing of yourself and your employees. Whether you are a sole trader or employ staff, find out what a mentally healthy small business looks like, how you can reap the benefits and implement practical strategies to make your business mentally healthy.

[Learn more](#)



New small business mental health report released

If you are interested in information and the latest statistics on small business and mental health, take a look at this latest report by the Department of Industry, Science, Energy and Resources. The research explores a variety of factors relating to mental health and provides insight into how small business owners have been coping over the past 12 months.

[Learn more](#)

Have your say about current mental health supports

If you are a small business owner in the Blue Mountains, Toowoomba or Bunbury, please take part in a focus group discussion and share your insight into current mental health needs and supports. This conversation will help inform and design new resources and tools for the *Ahead for Business* digital hub, which will help to support other small business owners. Focus groups will be held online via Zoom, please sign up for a session in your area: [Blue Mountains](#) | [Toowoomba](#) | [Bunbury](#).



Interested in online wellbeing workshops for small business?

Ahead for Business will be providing small business owners with free and interactive online mental health and wellbeing workshops over the coming months. The workshops will guide you through a series of activities that will enable you to identify common business stressors, how to create a wellbeing plan and practical strategies to implement wellbeing for yourself and your business. Make sure to register your interest for one of the dates below:

[Learn more and register](#)

***Ahead for Business* now on Facebook**

Follow @AheadforBusinessAU to keep up-to-date on small business news, mental health resources for small business owners, and to see when new and helpful content is uploaded on the digital hub.

[Follow today](#)

What do Australian small businesses need in 2021?

Mindhive has partnered with the Australian Small Business and Family Enterprise Ombudsman to hear your thoughts and concerns about small businesses in 2021. They are asking you to provide them with first-hand information on the small businesses that might need the most help, and what kind of help is needed.

[Join the discussion](#)

Some benefits of taking the Check-Up include:



Get to know your mental health: understand your current mental health and wellbeing status.



Identify areas for action and support with personalised results and recommendations.



Prioritise mental health and wellbeing over the long term by tracking your results.

[Register now](#)

Mental Health Check-Up

Did you know there is an online Mental Health Check-Up on *Ahead for Business*? Use the free tool to find out how you are doing with depression, anxiety, stress, alcohol use, and wellbeing. You can redo the check-up every couple of weeks to track how you are going over time and where to go for support.

[Learn more](#)

NewAccess for small business owners coming soon

Running a small business can be stressful. If you are a small business owner in need of support, register your interest today in NewAccess for Small Business Owners - a free mental health coaching program for small business owners.

[Learn more](#)

Coming Soon

Mental health coaching for small business owners

Register your interest today



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Ahead for Business is an initiative of Everymind, funded by the Australian Government Department of Industry, Science, Energy and Resources.

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