

eNews June 2021

Welcome to the latest *Ahead for Business* eNewsletter, bringing together resources from the [*Ahead for Business*](#) digital hub with events and services from the community to support your mental health and wellbeing in small business.

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Online Wellbeing Workshop series for small business closing this week

This week's *Ahead for Business* online Wellbeing Workshop is the final in this series for small business owners across Australia.

The workshop provides latest information on mental health in a small business context, and the

importance of wellbeing at work.

Participants will be guided through a series of activities that will enable them to identify common business stressors and practical strategies to improve wellbeing in the workplace.

The one-hour Zoom workshop starts at 12pm (AEST) on Wednesday, 9 June.

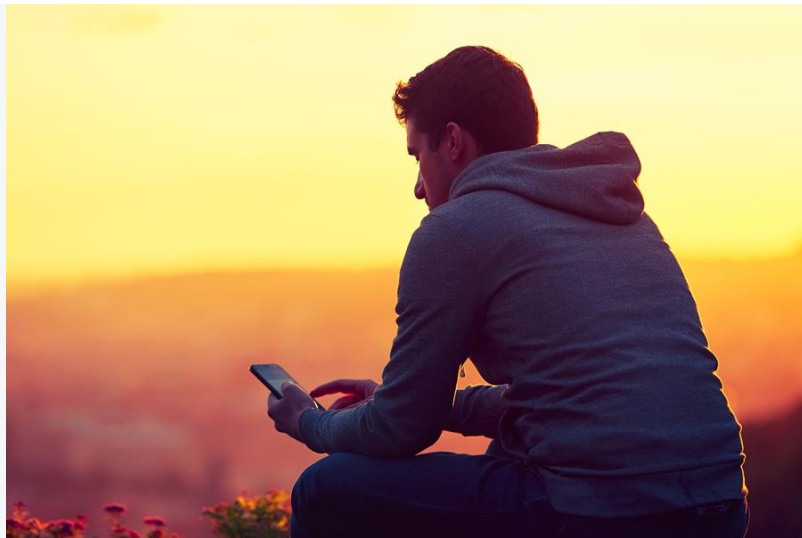
[Sign up to join the workshop](#)



Small business and the 2021 Federal Budget

The 2021 Federal Budget announced on 11 May included measures relevant to Australian small business. Business incentives, tax cuts, technology boosts and a commitment to create more Australian jobs are among the highlights. The budget also included funding for *Ahead for Business* to continue supporting small business owners to take action on their mental health.

[Visit My Business to read more](#)



Free and confidential mental health coaching

NewAccess for Small Business Owners is a new mental health coaching service from Beyond Blue. Trained coaches with a small business background work with small business owners to overcome difficult issues and provide practical skills to manage stress. Up to six sessions are available to small business owners nationally, via phone or video call.

[Learn more about NewAccess](#)

Everymind will soon will soon launch a four-part webinar series on mental health and small business. The 15-minute episodes talk about mental health in your business, looking after yourself, and creating mentally healthy workplaces.

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Funds to support regional tourism recovery

The Australian Government's Recovery of Regional Tourism program is open to eligible businesses in nine regions heavily reliant on international tourism. The program aims to create and retain jobs directly and indirectly related to tourism in the regions.

[Read more here](#)



Mental health training for business advisors

Counting on U is a new program available through Business Australia, made for business advisors who want to better support small business owners with mental health. It includes tailored information and is accessible by live video learning.

[Find out more](#)



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