

# Small Business Wellbeing

Support for your mental health and wellbeing during the coronavirus pandemic and beyond

**For many small business owners and sole traders, the restrictions to prevent the transmission of the coronavirus (COVID-19) have had a devastating impact on their business and staff.**

Running your business in these very challenging times and having the sole responsibility for everything can take its toll on your mental health and wellbeing. It is essential you take care of yourself.

Keeping your business going can blur the lines between work and home and feeling responsible for others, such as staff and family who are involved in the business, can significantly add to your stress. You can end up feeling very isolated, anxious, overwhelmed and 'always on'.

Warning signs that you are not coping include:

- Difficulty concentrating and finding it hard to make decisions
- Being short tempered with tasks, staff and family
- Feeling tired and fatigued all the time
- Having trouble sleeping and slowing your thoughts
- Feeling unusually emotional or tearful
- Drinking alcohol excessively to cope
- Isolating yourself and avoiding social situations
- Thoughts of self-harm or harm to others.

If you are experiencing any of these warning signs, or you are not coping with the challenge of running your business, help is available through *Partners in Wellbeing*.

This free, confidential service offers one-on-one support to help you improve your wellbeing, develop strategies to cope and provide emotional support when and as you need it.

Family members involved in your business and your staff are also encouraged to use this service if they are feeling anxious and overwhelmed.

**This service is available from 9.00 am – 10.00 pm weekdays and will be available on weekends 9.00 am – 5.00 pm shortly.**

## Work out what is wrong together

We can help you explore what is causing your stress or anxiety and help you gain clarity on your thoughts, feelings and experiences. Conversations will be a safe place for you to talk privately about feeling overwhelmed, unsafe or anxious without judgement. You can call for a one-off chat or get ongoing support – this is entirely up to you.

## Get things under control

We can help you find strategies to manage stress, anxiety and improve your wellbeing and resilience.

## Get on with life

We help you identify people in your life, support services, and other resources to draw on during times of stress. If required, we can assist you to link with other support services in your local community.

## Keep Connected

We can keep in regular contact with you to provide emotional support, practical assistance and help you use the strategies you have identified to manage your stress, anxiety and improve your wellbeing.



We acknowledge the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging.



We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

## Learn more about COVID-19

As the restrictions and advice in response to COVID can change, we can provide up-to-date and accurate information on COVID-19 and current restrictions.

### Additional support coming soon

Coming soon is access to free, confidential:

- **Financial counselling**, which will provide information, support and advice about managing debts and financial issues, both business and personal.
- **Business mentoring** which will provide an opportunity to build on your business strengths and clear your thoughts to support you to make wise business decisions for your future.

Check [business.vic.gov.au](https://business.vic.gov.au) for when these services will start.

## Get started or refer someone you know

Contact the *Partners in Wellbeing* team in your area by calling **1300 375 330** to begin making changes to improve your wellbeing.

If you would like to refer someone you know, you must first discuss this with them and have their consent to make the referral on their behalf.

### About Partners in Wellbeing

*Partners in Wellbeing* is funded by the Victorian Government and is being delivered by EACH, Neami National and the Australian Community Support Organisation (ACSO) across Victoria.



## Contact Partners in Wellbeing

*Partners in Wellbeing* is delivered by EACH, Neami National and the ACSO across Victoria. For more information or to make a referral, contact the service in your region.

Phone:  
**1300 375 330**

**North, West, Inner, South**  
**Neami National**

Email:  
[partnersinwellbeing@neaminational.org.au](mailto:partnersinwellbeing@neaminational.org.au)  
[www.neaminational.org.au/piw](https://www.neaminational.org.au/piw)

**South-Eastern, East**  
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