

Mental health support

24/7 telephone support services

- **Lifeline** 13 11 14

Crisis support and suicide prevention services. To find local services in your area use Lifeline's Service Finder: lifeline.org.au/about-lifeline/lifeline-locations

- **Suicide Call Back Service** 1300 659 467

Telephone crisis support for people at risk of suicide, carers and bereaved, as well as online resources and information.

- **MensLine Australia** 1300 789 978

Telephone and online support, information and referral service for men.

- **Beyond Blue** 1300 224 636

Telephone support service and online chat available at beyondblue.org.au

Online support and resources

- **Beyond Blue** – beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve the best possible mental health, whatever your age and wherever you live.

- **Black Dog Institute** - blackdoginstitute.org.au

A translational research institute that aims to reduce the incidence of mental illness and the stigma around it.

- **Heads Up** - headsup.org.au

Beyond Blue's website for mentally healthy workplaces including small business.

- **INFOXCHANGE Service Seeker** – serviceseeker.com.au

Australia's most extensive directory of community support services providing access to health, welfare and community service records.

- **SANE Australia** - sane.org

A national mental health charity making a real difference in the lives of people affected by complex mental health issues through support, research and advocacy.

Support for small business owners

- **Council of Small Business Organisations Australia (COSBOA)** - cosboa.org.au

Australia's peak body representing the interests of small business. Members are industry associations. If you are a small business owner their website provides small business quick links to get help.

- **Business.gov.au** - business.gov.au

An online government resource for the Australian business community. Access all of the government information, assistance, forms and services you need as a small business owner.

- **The Fair Work Ombudsman advice for small business** - fairwork.gov.au/find-help-for/small-business

Gain insight as an employee or employer around compliance within Australia's workplace laws, small business included.

- **Moneysmart** - moneysmart.gov.au

A Government funded website that offers financial guidance on managing debt, including support options.

- **New Access for small business owners** - <https://www.beyondblue.org.au/get-support/newaccess/newaccess-for-small-business-owners>

NewAccess for Small Business Owners is a free and confidential mental health coaching program, developed by Beyond Blue to give small business owners, including sole traders the support they need.

- **My Business Health** - asbfeo.gov.au/my-business-health/home

My Business Health is a web portal that supports small businesses to get their business and health back on track. It provides access to tools, templates and tips to manage stress and proactively engage with running your business.

- **Safe Work Australia** - safeworkaustralia.gov.au/small-business

An Australian Government statutory body develops national policy relating to WHS and workers' compensation. The website features a section for small business providing related information and resources.

- **The Australian Taxation Office** - ato.gov.au

The ATO provides help and support on tax related matters. They offer online tools and services specifically created for small business owners, making it easier to get tax and super right, as well as options for payment plans, record keeping and lodgement.