



Marketing kit for small business advisers

Mental health support

Share the following information on your social media channels, your website or in your newsletter to help small businesses cope with some of the challenges they may be experiencing during coronavirus.

Support for small business owners during coronavirus

Beyond Blue has created some resources to support you through some of the challenges you may be facing at this time. These articles provide advice to improve your wellbeing, tips for supporting employees and information around how to work from home.

- [Practical tips to help run your small business from home](#)
- [Working from home safely and productively](#)
- [How small business owners can manage their mental health during the coronavirus](#)

Beyond Blue's Coronavirus Mental Wellbeing Support Service

Beyond Blue's [dedicated website](#) will be regularly updated with information, advice and strategies to help you manage your wellbeing and mental health during the coronavirus pandemic.

If you are feeling worried or struggling to cope during this time, the trained counsellors at the Coronavirus Mental Wellbeing Support Service are there to support you 24/7. You can call them on 1800 512 348.

My Business Health

[My Business Health](#) offers holistic support to employers and sole traders during coronavirus with practical advice to keep your business afloat and manage your wellbeing.

Images

Download the following images to support your article on mental health:

<https://business.gov.au/risk-management/emergency-management/coronavirus-information-and-support-for-business/supporting-small-businesses-during-coronavirus>

