



# Mental wellbeing: support yourself and small businesses

A free, four-part learning course for business advisers

## What we've been working on

It can be hard to know how to help yourself and your small business clients with mental health and wellbeing. To help you, Beyond Blue has created a free, four-part online learning course *Mental wellbeing: support yourself and small businesses* to help you understand mental health basics and why talking about mental health in business is so important.

Discover the best way to check in on someone you're concerned for, make positive mental health and wellbeing a priority in your own business so you can do the same for clients and see how to support your wellbeing with healthy habits at work and home.

## What you'll get out of it

### Lesson 1: Introduction to mental health

See why positive mental wellbeing in business is important and dispel some mental health myths.

Find out what influences our mental health and know the signs that something's not right.

Learn the importance of talking about mental health, and why it can be a challenge for some.

### Lesson 2: Look after yourself at work and home

See why it's so important to focus on your mental wellbeing.

Learn how to create healthy habits at work and home.

### Lesson 3: Check on someone's wellbeing

Decide whether to speak to someone about how they're going.

Know the tools that can help you have a supportive conversation, and determine what to do afterwards.

Provide immediate support to someone who needs it.

### Lesson 4: Support small business day-to-day

Discover how to make positive mental health and wellbeing a priority in your business, so you can do the same for clients.

Learn ways to proactively support a small business owner's wellbeing.

## How do I get started?

You can access this course on Heads up [here](#).



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