

My business is struggling ...so am I

Don't downplay
what is playing
on your mind

Free and
confidential
mental health
support from
coaches with a
small business
background

Owning a small business
comes with a unique
set of challenges.
This can lead to feelings
of overwhelm, stress and
fatigue. Getting support
can help manage
stressors that may come
your way so you and
your business can
get back on track.

No doctors referral required

What is NewAccess for Small Business?

- Mental health coaching service developed by Beyond Blue
- Designed specifically to support small business owners and sole traders
- Free and confidential
- No doctor's referral or mental health treatment plan required
- Up to 8 coaching sessions (30 minutes each)
- Dedicated coaches who have specific training in providing a practical approach to problem solving
- All coaches have a small business background who are well placed to understand your individual needs
- Available nationally via phone or video call with sessions available outside of regular business hours

To find out more or to sign up

Phone or video call
03 9250 8305

Monday
8.30am to 6pm AEDT
Tuesday & Wednesday
8.30am – 5pm AEDT
Thursday
8.30am – 8pm AEDT
Friday
8.30am – 5pm AEDT

**beyondblue.
org.au/nasbo**

I'm so busy.
Which is why
this works for me.

What can I expect in the service?

When you enquire, you will be asked questions to better understand your needs and establish if the service is a good match for you.

Initial assessment – up to 60 minutes

You will talk through your challenges with your coach and choose the issues that you would like to focus on. Together, you will develop a problem statement, which summarises the issues you want to overcome and how you plan to do this.

If it is identified that your needs are more complex, you will be referred to a more appropriate service.

Five coaching sessions – 30 minutes weekly

In your coaching sessions you will work through a service tailored to you with your coach, based on your problem statement.

You will be given tasks to complete in your own time which are important for your growth as you move through the sessions.

Your progress is reviewed at each session to ensure you are receiving an appropriate level of care.

**I'm going to
put myself first
for once.**

Is this service right for me?

If you have been experiencing any of the below, this service may be for you:

- Overwhelm
- Trouble sleeping
- Stress
- Worry about the future
- Struggle to concentrate or switch off
- Withdrawing from loved ones

Reach out to us today