

# My business has hit a rough patch ...so have I

Don't downplay what  
is playing on your mind



# Free and confidential mental health coaching for small business owners and sole traders

Owning a small business in the professional services sector 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.

## 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

## 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

**To find out more or to sign up visit [beyondblue.org.au/nasbo](https://beyondblue.org.au/nasbo)**