



Small business

Mental health and wellbeing

The COVID-19 coronavirus pandemic is having unprecedented effects on small business operations and finances—and on the mental health and wellbeing of business owners and staff.

Impacts

Business operators and staff are likely to be experiencing a range of stressful thoughts, feelings and behaviours, even if their businesses are not directly affected by measures to control the spread of the virus.

No two people will react in exactly the same way at the same time, but it is important to be prepared with information about what people can do and what supports are available if needed.

Such supports include services and resources that offer business and mental health advice and assistance.

Visit the Queensland Mental Health Commission's main [coronavirus mental health and wellbeing page](#) for a curated range of general mental health resources, along with fact sheets for specific sectors of the community. Some of these resources are repeated below, but there are many others on the main page, which is being updated as more information becomes available.

Business support

- Follow official advice on [how to minimise the risk of infection](#) for staff, customers and the community.
- The Queensland Government is partnering with the Chamber of Commerce and Industry Queensland (CCIQ) to deliver advice, support and assistance throughout the state. See www.business.qld.gov.au and www.cciq.com.au, or contact the Small Business Hotline on 1300 654 687.

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Remember physical distance is essential to control the rate of infection. This is not the same as social distancing.

Social contact and maintaining routines is important for mental health and wellbeing.

In circumstances where this is not possible, staying connected with colleagues, staff, friends and family online or by phone may assist.

Beyond Blue has a dedicated page on its forums about [coping during the coronavirus outbreak](#).

Links and resources

- Beyond Blue's [Looking after your mental health during the coronavirus outbreak page](#), and its forum thread on [Coping during the coronavirus outbreak](#).
- The Australian Psychological Society's [Coronavirus information for Australians](#) resource, with strategies to help adults and children.
- The Headspace [How to cope with stress related to coronavirus](#) page for young people.



Resources for small business

- The Heads up workplace mental health organisation's [Supporting small business page](#).
- Everymind's [Ahead for Business](#) website and app for small business owners.
- [SuperFriend's coronavirus mental health section](#), with advice including looking after your own mental health, supporting peers, colleagues and teams, and working from home.

Self-care

- [Webcast: Five Ways to Wellbeing](#)
- [Webcast: A good night's sleep is great for your health and wellbeing](#)
- [No one can care for you like you can](#)

Working from home/staying connected

- [Staying motivated when working from home](#)
- [Connecting your employees during social distancing](#)

Leading through challenges

- [Plan for stress as a team](#)
- [Standing up when times are tough](#)

Managing change

- [Communication and control through change](#)
- [Influencing change to create opportunities](#)

Supporting colleagues

- [Preparing for the 'how are you' conversation](#)
- [How to spot someone in distress](#)

Managing mental health when you're out of work

- [Looking after yourself when you're out of work](#)
- [Making the most of a bad situation - ways to spend your time while you're out of work](#)

Mental health advice and support is available through

- General practitioners
- 1300 MH CALL (1300 642 255)
- Lifeline 13 11 14
- Mensline 1300 78 99 78
- Suicide Callback Service 1300 659 467
- Rural Alive and Well 1300 4357 6283
- [SANE Australia](#) 1800 18 7263.
- Mental health professionals are available at the **Beyond Blue Support Service** via phone 24/7 on 1300 22 4636 or via www.beyondblue.org.au/get-support for online chat (3pm – 12am AEST or email responses within 24 hours).

In an emergency, call 000.

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