



# Do you own a small business? Would you like to learn how to take action to improve your mental health and wellbeing?

We know that small owners have an increased risk of mental ill-health due to the unique stressors they face. As Australia's largest employment sector, small businesses are an important setting for a focus on mental health.

The new *Ahead for Business* digital hub supports mentally healthy small businesses through individually tailored information and resources; peer to peer engagement; personalised check-ups and action plans; industry links and connections; and a national strategy designed to support small business owners in every setting.

Find out more at  
[aheadforbusiness.org.au](https://aheadforbusiness.org.au)  



Australian Government  
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Energy and Resources



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