

# Support for small business owners through the COVID-19 pandemic

The latest COVID-19 outbreaks across Australia have caused several states to enforce restrictions, with many areas going into lockdown. While several industries have been impacted, none more so than Australia's small business sector, which employs 4.7 million people across 2.4 million actively trading small businesses. These restrictions may mean that some small businesses will be operating at reduced capacity, altering their services, or may temporarily or permanently close until restrictions ease.

Small business owners continue to face many stressors that can significantly impact their mental health. As a small business owner, you may have been juggling various challenges such as adapting your business to COVID-19 rules and regulations, managing staff, and dealing with financial stress.

The uncertainty around how long restrictions will last can be one of the more stressful factors surrounding lockdowns and restrictions. While you can't control the pandemic, you can control how you respond to it, and it's more important than ever that you are doing what you can to look after your mental health and wellbeing as a small business owner.

The following information has been developed to help support small business owners through the current COVID-19 pandemic.

## COVID-19 information

With different rules across and within states, it can be challenging to keep up with what you should and should not be doing. To help navigate the restriction information, the [COVID-19 Restriction Checker](#) by healthdirect assists you to check what regulations are in place in your state to make sure you're doing the right thing.

## Mental health support

### Ahead for Business

*Ahead for Business* supports those working in small business to take action on their mental health and wellbeing. See a list of practical resources below:

- Information and resources to support your mental health through adverse events
- Check you mental health and wellbeing status
- Learn about and manage your businesses stressors

Learn more: [www.aheadforbusiness.org.au](http://www.aheadforbusiness.org.au)

### NewAccess for Small Business Owners

NewAccess for Small Business Owners is a free and confidential mental health coaching program, developed by Beyond Blue to give small business owners, including sole traders the support they need.

Learn more: [www.beyondblue.org.au/get-support/newaccess/newaccess-for-small-business-owners](http://www.beyondblue.org.au/get-support/newaccess/newaccess-for-small-business-owners)



## Coronavirus Mental Wellbeing Support Service

The Coronavirus Mental Wellbeing Support Service is a free, 24/7 national support service to help people manage their wellbeing and mental health during the pandemic.

Call: 1800 512 348

Learn more: [www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)

## Lifeline

Lifeline provides all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.

Call: 13 11 14

Learn more: [www.lifeline.org.au](http://www.lifeline.org.au)

Small business owners have shown remarkable resilience over the past 18-months, and by seeking support when needed, will continue to overcome the challenges of COVID-19.

## Financial information and assistance

For many small business owners, financial pressure is often one of the biggest sources of stress. Learn more about the latest financial support packages, grants and measures for small businesses impacted by COVID-19.

- Australian Government support for businesses and employers.
- COVID-19 government assistance for business.
- Australian Taxation Office support for businesses and employers.
- State and territory information, grants and assistance.