

# Taking care of business starts with taking care of yourself.

**The Partners in Wellbeing Helpline is here to help small business owners and their employees manage feeling stressed and overwhelmed.**

These have been challenging times for all Victorians, but if you're a small business owner you've probably been hit harder than most.

Not only have you battled to keep your business going through distressing events like the COVID-19 pandemic, you've also felt responsible for your family and employees.

So it's only natural that you might sometimes feel stressed, worried or overwhelmed.

As a small business owner, you're probably used to always handling problems on your own. But you don't have to. And when it comes to your mental wellbeing, you really shouldn't.

**Because your mental health is crucial to the health of your business.**



## The Partners in Wellbeing Helpline.

As part of the Victorian Government's \$26 million [Wellbeing and Mental Health Support program](#) for small businesses, the Partners in Wellbeing Helpline is there to support you and your employees.

The Helpline offers free and confidential one-on-one access to wellbeing and mental health coaches who understand exactly what you're going through.

They have the skills and insights to improve your sense of wellbeing, help you develop coping strategies, and provide the advice and support you need to get through this difficult time.

## Free financial counselling and advice.

Since much of the stress you are experiencing may involve financial issues, the Partners in Wellbeing Helpline can also connect you to specialist financial counsellors.

This service is also free, providing access to financial experts who can provide business and personal advice, along with information and support on how to manage debt and other financial concerns.

## Three leading wellbeing agencies working together.

Partners in Wellbeing is a partnership of three community-based counselling organisations that have brought together their individual skills to deliver a comprehensive support service tailored to your needs.

With many years of experience between them, you can rely on them to provide you with the best in mental wellbeing support.

## There for you seven days a week.

Small business owners can call the Partners in Wellbeing Helpline on 1300 375 330 seven days a week. Wellbeing coaches are available from 9am to 10pm on weekdays and from 9am to 5pm on weekends.

## More support for small business.

The Partners in Wellbeing Helpline is just one of a number of Victorian Government programs and resources available to help small businesses like yours. For the full range of services, please visit [www.business.vic.gov.au/coronavirus-business-information](http://www.business.vic.gov.au/coronavirus-business-information)

## Call 1300 375 330

It's important to remember that the emotions you're experiencing don't necessarily mean anything is wrong. They're usually perfectly normal.

However, if the feelings of distress and anxiety continue over a period of weeks, we strongly recommend you call the Partners in Wellbeing Helpline.

Because taking care of business starts with taking care of your own wellbeing. Call 1300 375 330.

**PARTNERS IN  
WELLBEING HELPLINE**  
**1300 375 330**

**9am-10pm Mon-Fri**  
**9am-5pm Sat/Sun**



Authorised by the Victorian Government, 1 Treasury Place, Melbourne.