



Ahead for Business

Supporting small business to be mentally healthy

Ahead for Business (www.aheadforbusiness.org.au) is the only bespoke digital hub designed to promote the wellbeing of small business owners. Through the Ahead for Business digital hub you can access tailored resources, connect to the online community and track your mental health and wellbeing journey. The digital hub provides:

- content tailored to a small business setting and reflecting the lived experience of small business owners, including access to a moderated peer-to-peer forum.
- a personal business portal for small business owners, that allows you to:
 - complete a 2 minute Business Stressor Screen to find out how you are managing everyday business stressors
 - receive tips and tools based on your Business Stressor Screen responses
 - complete a Wellbeing Plan to be prepared when times get tough, and
 - build a personalised dashboard that allows you to save useful resources and monitor your wellbeing over time.

Australian Government funding

The Australian Government is providing an additional \$0.9 million over four years from 2020-21 to continue the Ahead for Business program delivered by the mental health organisation Everymind. This builds on the Government's earlier \$3.1 million investment in Ahead for Business announced in the 2018-19 Mid-Year Economic and Fiscal Outlook.

Linked initiatives

Ahead for Business complements the Australian Government's \$7 million BusinessBalance initiative announced in the 2020-21 Budget, which includes the [NewAccess for Small Business Owners Program](#), delivered by Beyond Blue and [Counting on U](#), delivered by Deakin University.