

# Boost your mental wellbeing

## Hyperlinks

- Learn more our [COVID-19 concessions](#).
- Read our explanatory paper on [continuing professional education requirements for tax and BAS agents from 1 July 2022](#).
- Find information and support for individuals at [Beyond Blue](#).
- Seek immediate support from [Beyond Blue](#).
- Learn more about Beyond Blue's [Coronavirus Mental Wellbeing Support Service](#).
- Learn more about [Mindspot](#) the free, online clinically supervised mental health assessment for individuals 18+.
- See more on Beyond Blue's free confidential coaching service tailored for small business owners: [New Access For Small Business Owners](#).
- Hear personal, inspirational stories of mental health on the Beyond Blue podcast: [Not Alone](#).
- Use the free mindfulness app [Smiling mind](#).
- Design a [wellbeing plan](#) tailored to help you at work.
- Use Black Dog Institute's [HeadGear app](#) to build wellbeing at work.
- Check out the [Be Well Tracker](#) from Be Well Co to track how you're going and identify wellbeing opportunities.
- Build your personal wellbeing with [Five Ways to Wellbeing](#).
- Invite a Beyond Blue [free community speaker](#) to your workplace.
- Find out more on building a mentally healthy workplace with Beyond Blue's [HeadsUp](#).
- Learn more about identifying [psychosocial hazards at work](#).
- Find more guidance on [COVID-19 for your workplace](#).
- Build a thriving workplace with [SMART work design tools](#).
- Design a [workplace mental health strategy](#).
- Learn more about [HeadsUp for Small Business](#).
- Learn more about [Ahead for Business](#).
- Complete a course for business advisers on [How to support yourself and small businesses](#).
- Register for free [TPB webinars](#).
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