

Taking care of business means taking care of you - Mental health and wellbeing for small business

Hyperlinks

MENTAL HEALTH AND WELLBEING CPE

Check out our [CPE activities page](#) to find out what CPE activities are considered appropriate under our policy, including educative health and wellbeing activities.

SUPPORT

Find information and support for individuals at [Beyond Blue](#).

For support or more information around Money and mental health, the following resources are available:

- [Moneysmart](#)
- [National Debt Helpline](#)

For further assistance with mental health concerns see:

- [Headspace](#)
- [Kids helpline](#)
- [1800RESPECT](#)
- [Lifeline](#)
- [Suicide Call Back](#)
- [Mensline](#)
- [QLife](#)

WELLBEING ACTION TOOL

Access the Beyond Blue [Wellbeing Action Tool](#).

NEW ACCESS FOR SMALL BUSINESS (NASBO)

Learn more about [NASBO](#).

STAY IN TOUCH

Register for free [TPB webinars](#).

Access our [webinar resources](#).

Check out our [YouTube channel](#) to access webinar recordings and claim free CPE.

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