



Minding your business

Free mental health training and support for Tasmanian Small Businesses*

Struggling to keep your head above water? Feeling overwhelmed? Not sure how to look after your own mental health, or that of your team?

Lifeline Tasmania's *Minding Your Business* program provides FREE mental health training and support for Small Businesses* in Tasmania.

Register NOW for free training and/or support by completing our online survey to determine what training will suit you and your business needs.

* A business that employs the equivalent of up to 19 full time staff.

Register now

atasmanianlifeline.com.au/smallbusiness

More information

myb@lifelinetasmania.org.au | 1800 98 44 34

 **Lifeline**
Tasmania

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Government

Flexible training options



The *Minding Your Business* program has been designed to be flexible to meet the varying needs of Tasmanian Small Businesses. Pick from any of the following:

Mental Health First Aid

Face to face or online

Learn how to assist an adult who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves; using a practical, evidence-based action plan.

Crisis Communication Skills

Face to face or online

This course is suited to public-facing businesses and those who work with clients in distress. You will learn how to respond to people in distress; de-escalate a crisis; and identify the risk of burnout and vicarious trauma. You will also increase your understanding and awareness of mental health and the importance of self-care.

Accidental Counsellor

Face to face or online

You will be provided an opportunity to practice responding to someone experiencing an emotional crisis. You will learn how to apply the principles of recognise, respond and refer. These skills can be used by you to support your staff; by employees to support their colleagues; and, where appropriate, by owners and employees to support their customers.

One on One Support

Face to face or online

Minding Your Business can provide outreach support services to small businesses, such as mental health mentoring, coaching and/or counselling, by request.

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