



The Rural Agribusiness Wellbeing Project

Small business owners in rural and remote Australia face unique challenges to their mental health and wellbeing. Our new project aims to support the mental health of small business owners working in some of Australia's largest rural industries: agriculture, forestry and fishing.

The Rural Agribusiness Wellbeing Project aims to help small business owners respond to the unique challenges they face in rural Australia such as natural disasters, physically demanding work and limited access to mental health support services. It will also provide support for the typical challenges faced by all small businesses like working long hours, financial stress and feeling obligated to work when unwell.

Get involved

We are seeking small business owners in rural agriculture, forestry and fishing to:

- **Take part in a five-minute survey** on the unique business stressors
- **Help co-design a tailored wellbeing plan** to help you prepare for workplace challenges
- **Share your story** in our new video series to reduce the stigma of seeking mental health support when you need it.

Learn more at aheadforbusiness.org.au/agribusiness

This project has been assisted by the New South Wales Government through the State Insurance Regulatory Authority (SIRA).