



**Ahead for  
Business**



**Supporting small  
business owners  
to take action on  
their mental health  
and wellbeing.**



[aheadforbusiness.org.au](http://aheadforbusiness.org.au)



## Ahead for Business

Find practical resources on the *Ahead for Business* digital hub to keep you and your small business mentally healthy:

- Track your wellbeing with the Mental Health Checkup
- Gauge your stress levels with the Business Stress Test
- Prioritise your mental health with the Wellbeing Plan
- Access free online Business Wellbeing Training
- Hear how other small business owners take action on their mental health
- Sign up to receive updates on small business and mental health.

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