

Mental Health support for small businesses

Support	Where to find it and description
Phonelines e.g. 1737 Lifeline, Samaritans	Mental Health and wellbeing support page on Business.govt.nz has block with this detail (also links to further helplines on MHF page) Nationwide, not small business specific
COVID Business support lines	Business.govt.nz refers to on multiple webpages and in newsletters Unite Against Covid: Contact and Support webpage North Island 0800 500 362 South Island 0800 505 096 A free COVID-19 business helpline service is available for all New Zealand businesses. This includes sole traders.
XAP line for Xero customers and whanau	Phone line available on Xero website
Whakarongorau nz	https://whakarongorau.nz/telehealth-services NZ Telehealth service operates phone counselling on contract for the govt. Free 24/7
Business Mentors	Business Mentors website Note that mentors are reporting a huge uplift in just being a listening ear at the moment.
Mental Health and Wellbeing support articles and links to resources	Business.govt website Being updated regularly, lots of great tips for employers and sole traders.
Mental Health Foundation	https://www.mentalhealth.org.nz/ Free resources and articles to help people flourish
Mentemia app	Mentemia website (Sir John Kirwan) General advice, but also includes workplaces specific support, listen to podcasts or read blog articles – free app.
Depression.org supporting someone at work	https://depression.org.nz/help-someone/at-work/ Things you could do to help, tips on how to start a conversation, and what next.
Xero free resources for businesses	The Check-In https://www.xero.com/nz/resources/the-check-in/ Free resources available for download. Step by step approach to check on your team
MYOB and Smiling Mind 'small business programme'	Free to download via Smiling Mind app for NZ and AU businesses https://www.smilingmind.com.au/smiling-mind-app Developed by educators and psychologists to bring balance to life. Modules to help proactively manage stressors and challenges including stress management, relationships, resilience, building mindfulness foundations.
The Effect	https://www.theeffect.co.nz/about Help businesses look after the mental wellbeing of their people – offer courses including: <ul style="list-style-type: none"> • Mental Health for leaders • Introduction to Mental Health • Resilience • Free COVID support includes: <ul style="list-style-type: none"> ○ https://www.theeffect.co.nz/freecovidsupport • Paid webinars also available at https://www.theeffect.co.nz/zoomwebinars
Blueprint webinars	https://www.blueprint.co.nz/workshops/ Mental Health 101 webinar and others. Those on the website saying 'book now' are currently free
Work counts 'worried about work' guidance	https://www.workcounts.co.nz/library/worried-about-work-employment-support-during-covid-19/ A resource for anyone providing employment support in New Zealand during the pandemic. Contains updated information on: <ul style="list-style-type: none"> • supporting people's physical, mental health and addiction needs • making a new claim or amend an existing claim for financial support • employee rights during the pandemic • vaccinations and face masks • workplace health and safety practices in relation to COVID-19.