



# MENTAL HEALTH SUPPORT

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Insolvency practitioners and their staff may engage with stakeholders who are facing mental health issues. Practitioners can also face these issues in their own personal and professional lives.

This resource is a guide to information and resources that can assist when dealing with these complex personal issues. The guide can also help you and your staff respond to everyday challenges around mental health.

The Australian Bureau of Statistics [National Study of Mental Health and Wellbeing, 2020-2022](#) indicated that 42.9% of Australians aged 16–85 years (8.5 million people) have experienced a mental disorder at some time in their life.

There are many [free resources](#) available to help you know what to do when you think someone needs support. You can find out what to do and say if a person is suicidal. These resources also include information about how to find support for yourself.

Helping people who are going through insolvency or bankruptcy can take its toll on staff. Insolvency practitioners should take preventative steps, such as making time for routine self-care. Check in regularly with yourself and others for harmful signs of stress. Find out if your employer has an Employee Assistance Program and be aware of the services you can access if you need support.



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1. **National Study of Mental Health and Wellbeing 2020-2022** [abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release](https://abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release)

2. **Business.gov.au Mental Health free resources** [business.gov.au/risk-management/mental-health](https://business.gov.au/risk-management/mental-health)



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## Seeking support for others

### Mental Health First Aid

[mhfa.com.au](http://mhfa.com.au) (MHFA) has a useful [tip sheet](#) about supporting others, to help you:

- identify if someone is experiencing mental distress
- approach someone that might be experiencing mental illness
- support others experiencing difficult challenges
- consider what might not be helpful when dealing with others
- know what to do if a person is suicidal.

The blended online course [Mental Health First Aid for Financial Services Professionals](#)<sup>4</sup> is for professionals assisting those in financial distress.

**MHFA: (03) 9079 0200**

### Beyond Blue

Beyond Blue has information about [how to support others](#)<sup>5</sup>, including how to start a conversation and free online training modules.

**Beyond Blue: 1300 224 636**



## Seeking support for yourself

### Beyond Blue

[beyondblue.org.au](http://beyondblue.org.au) has comprehensive information about [getting support](#)<sup>6</sup>, and resources to help you:

- learn about mental health
- find a mental health professional
- find the right words when asking for help
- identify what you might need and what to do if the support you get is unhelpful
- identify tips and strategies to maintain your wellbeing
- talk or chat online to a counsellor.

## Support for small business owners

### New Access

[Beyond Blue's NewAccess for Small Business Owners](#)<sup>7</sup> is a free six-session coaching program for businesses, with options available for individuals.

**Beyond Blue: 1300 224 636**

## Immediate assistance

### Lifeline

Call **13 11 14** for 24/7 telephone support or go to [Lifeline crisis chat](#) for live text support

### Suicide Call Back Service

Phone and online counselling:  
**1300 659 467**

## Other resources

### Ombudsman

Australian Small Business and Family Enterprise Ombudsman – [Mental health resources](#)

### RU OK

Join the conversation – [ruok.org.au](http://ruok.org.au)

### MensLine Australia

Visit [mensline.org.au](http://mensline.org.au) or call **1300 789 978**

### Government resources

Visit [Business.gov.au](http://Business.gov.au) for businesses related mental health resources

### Medicare Mental Health

[Medicarementalhealth.gov.au](http://Medicarementalhealth.gov.au) is a free service that connects you with the mental health support that is right for you.

3. MHFA tip sheet [afsa.gov.au/sites/default/files/mhfaa\\_tips.pdf](http://afsa.gov.au/sites/default/files/mhfaa_tips.pdf)

4. MHFA Mental Health First Aid for Financial Service Professionals [mhfa.com.au/courses/elearning/65370](http://mhfa.com.au/courses/elearning/65370)

5. How to support others [beyondblue.org.au/get-support/support-someone](http://beyondblue.org.au/get-support/support-someone)

6. Beyond Blue getting support [beyondblue.org.au/get-support](http://beyondblue.org.au/get-support)

7. Beyond Blue New Access [beyondblue.org.au/get-support/newaccess-mental-health-coaching/small-business-owners](http://beyondblue.org.au/get-support/newaccess-mental-health-coaching/small-business-owners)