

NewAccess for Small Business Owners - quick reference guide

What is NASBO:

NewAccess for Small Business Owners (NASBO) is a free and confidential mental health program, developed by Beyond Blue to give Small Business Owners (SBOs) the support they need to get back to feeling like themselves.

Why refer to NASBO?

- Running a small business is a unique experience which can involve stress and a range of pressures that if left untreated, can cause longer-lasting mental health challenges for SBOs
- A lot of SBOs are reporting that COVID-19 has negatively affected their mental health
- All NASBO program Coaches have a small business background, allowing them to better understand the challenges SBOs may face
- NASBO is an easy to access mental health support. No GP referral or mental health plan is required to participate in the program.
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Program facts:

- NASBO is a national telehealth program, available for participants to access remotely via phone or video call
- NASBO is based on the same evidence and proven approach as Beyond Blue's NewAccess program for the general population
- The program offers six free coaching sessions aimed at giving participants the practical tools they need to manage day-to-day stress and get back on track
- Coaches are clinically supervised and specially trained to deliver Low-intensity CBT. All NASBO program Coaches have a small business background, allowing them to better understand the challenges SBOs may face
- This program is funded by the Department of Industry, Science, Energy and Resources and delivered by Richmond Fellowship Queensland (RFQ).

Eligibility criteria?

NASBO is for anyone aged 18 or over who owns a small business from any industry, including sole traders. For the purposes of program eligibility, a small business is defined as one with less than 20 employees. No GP referral or mental health plan is required to access the service.

A person is not eligible for the program if they are:

- currently seeing a psychologist or psychiatrist
- dealing with severe/complex mental health issues.

An initial assessment conducted by a clinically supervised Coach is used to identify if NASBO is the most appropriate service to support the mental health needs of the potential participant. Please note, if the individual's symptoms or condition are found to be too severe or complex for this program, they will be referred to a more appropriate service or back to their GP.

How to refer someone to NASBO?

You need consent to refer someone to NASBO. You might like talk to the potential participant about what the program is, and then offer to help connect them to the program. If the potential participant gives their consent, please contact the program by phone on 1300 945 301 to discuss next steps.