



**You're not alone during
these challenging times...**

**...and support is just a
phone call away**



1300 22 4636

You're not alone: Support is just a phone call away

Having worked alongside hundreds of clients like yourself for over 35 years, providing advice and support to turn their financial situation around or to help them competently navigate their business through financial difficulty, we are sensitive to the toll financial stressors can take on your mental health and wellbeing. According to Beyond Blue, the toll of excessive and long-term stress is an increased risk of developing a mental health condition such as depression and/or anxiety.

With this in mind, we created a comprehensive We Care Mental Health and Wellbeing Program to provide essential knowledge and support to help you, your referrers and our staff maintain good mental health and wellbeing.

With the COVID-19 pandemic affecting the mental health of countless Australians, it's more important than our program, which includes this guide, continues to provide vital information and support. We are proud of our Jirsch Sutherland Partners, Principals and Managers for undertaking a Mental Health First Aid Certificate so they can better help people experiencing mental health problems, and proud of all our team members for helping maintain mentally healthy workplaces in our offices around Australia – and in our home offices while many of us work remotely – and for continuing to learn how they can help anyone suffering stress, anxiety and other symptoms of mental ill-health. In fact, Jirsch Sutherland has received recognition as a Gold Mental Health First Aid Skilled Workplace by Mental Health First Aid Australia (MHFAA) and acknowledgment for 'significant achievements in developing Mental Health First Aid skills in their people and embedding a sustainable and effective program'.

Even with Jirsch Sutherland by your side, a period of financial difficulty can be a demanding and stressful time. It's important during these challenging times to know that you are not alone -thousands of people have been impacted by the pandemic and are feeling stressed, fatigued and struggling to cope - and that help is just a phone call away from a Beyond Blue-trained mental health professional on 1300 22 4636.



Or you can simply share the load, by having a one-on-one chat with them to talk through your concerns. All conversations are confidential, and support is available any time of the day or night. **Visit <https://www.beyondblue.org.au/get-support/get-immediate-support>** if you'd like more information on this free service.

You can also visit **[beyondblue.org.au/getsupport](https://www.beyondblue.org.au/getsupport)** and send an email and get a response within 24 hours, participate in their online chat service (3pm to 12am, seven days a week), or in their forums with community members.

In addition to Beyond Blue support on 1300 22 4636, you can receive advice and support from:

Lifeline on 13 11 14

SANE on 1800 187 263

**Suicide Call Back Service
1300 659 467**

If you are at immediate risk of harm to yourself or others, Beyond Blue advises you to contact emergency services on 000 (triple zero).

Who are Beyond Blue?

Beyond Blue is an Australian non-profit organisation that provides information and support to help everyone achieve their best possible mental health



"Many of our clients experience an incredibly demanding and stressful time for months before we come on board. Working long hours, they don't take a much-needed break at the end of each day to de-stress and put their problems into perspective with family and friends. A call to a trained mental health professional at Beyond Blue can be a circuit breaker that helps correct potentially debilitating behaviour by providing a friendly ear and proven techniques that may help you cope with the pressures of financial and business stress." - Bradd Morelli, National Managing Partner, Jirsch Sutherland

Is this you?



Are you experiencing any of the following?

- difficulty concentrating on tasks and making decisions
- feeling tired and fatigued
- being unusually tearful or emotional
- becoming easily angered or frustrated with tasks and people
- drinking alcohol to cope
- avoiding social situations

These are some of the common signs and symptoms that may indicate you are struggling with your mental health*.

Also ask yourself when you last had a blood pressure test or visited your GP for a health check. Often as a small business owner or director, your health comes last.

Dealing with ongoing financial and/or operational issues and working longer hours in the lead up to and during a turnaround or insolvency can leave you feeling stressed, anxious, and/or fatigued.

By looking after your mental health, you'll be better able to cope with challenges and achieve the best outcome for your business, and more importantly, you.

According to Beyond Blue, when our mental health is good, we are more productive and creative, have more positive social behaviours and relationships, and better health and life expectancy.

Are you experiencing any of the above signs and symptoms?

You can take Beyond Blue's confidential online Anxiety and Depression Checklist at <https://www.beyondblue.org.au/the-facts/anxiety-and-depression-checklist-k10> to help you assess whether you are experiencing depression and/or anxiety. And remember, advice and support from one of Beyond Blue's trained mental health professionals is available 24/7 on 1300 22 4636.

"While your friends and colleagues may not fully understand what you are experiencing during this challenging time, Beyond Blue's trained professionals do." - Bradd Morelli, National Managing Partner, Jirsch Sutherland

*source: <https://www.headsup.org.au/your-mental-health/mental-health-and-small-business>

You've taken steps to take care of your business, now it's time to take care of yourself.

While we help resolve your business issues, the following personal behaviour measures recommended by Beyond Blue can help you maintain good mental health and wellbeing:



- Eat well and stay physically fit
- Prioritise getting a good night's sleep
- Enforce an after-hours technology switch-off
- Stay in touch with your family and friends
- Take time out to relax
- Monitor stressors and warning signs of poor mental health and wellbeing

If you continue to feel stressed, anxious, fatigued, depressed, or are having suicidal thoughts, call Beyond Blue on 1300 22 4636 to talk to one of their trained mental health professionals who will provide information and brief counselling and direct you to further support, 24 hours a day, seven days a week.

"We are always willing to take the time to listen to our clients, ask them how they are doing and help them get the right support. That's why we've partnered with Beyond Blue...." - Bradd Morelli, National Managing Partner, Jirsch Sutherland



Call us at 1300 547 724,
email enquiries@jirschsutherland.com.au
and visit www.jirschsutherland.com.au