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| Mental health plan: *your name*  This template can be used by small business owners to create their own mental health plan.  It can be saved for completion on your device. If you would prefer to complete it by hand, simply download the  document and use the “enter” key to increase the space available for each section before printing the template.  For more information, download the [*Preparing for challenging times – A small business owner’s  guide to creating a mental health and wellbeing plan*](https://www.qmhc.qld.gov.au/awareness-promotion/mental-health-wellbeing/small-business-mental-health).  1. Stressors – business and personal  What do I find really challenging at the moment? | |
| My stressors | What I can do now to stop them from happening |
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| 2. Mental health red flags  What changes in me help me to know I might need support? | |
| My flags | Actions I can take when they happen |
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| 3. Support people and resources  Which trusted contacts can I turn to for help? | |
| My supports | Steps I’ll take now |
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| 4. If I need to take time out | |
| What I can do | How I’ll plan for this now |
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| 5. Returning to work after taking time out | |
| How I can do this and support my mental health | How I’ll plan for this now |
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| *Notes* |