

**Mental health plan:** This template can be used by small business owners to create their own mental health plan. For more information, download *A small business owner’s guide to creating a mental health plan* and example mental health plan at [www.vsbc.vic.gov.au](http://www.vsbc.vic.gov.au).

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| Mental health plan: Your name  01 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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| 02 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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| 03 Support people and resources  Which trusted contacts can I turn to for help? | |
| My supports | Steps I’ll take now |
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| 04 If I need to take time out | |
| What I can do | How I’ll plan for this now |
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| 05 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 |