

# StarHealth & City of Stonnington

## Local Business Mental Health Support

Every business in Stonnington is facing challenges and disruptions during the 2020 COVID-19 pandemic. These challenges to a way of life can take a toll on our mental health and wellbeing. Taking steps to safeguard your mental health is important.

City of Stonnington have partnered with StarHealth to offer local business owners and their employees confidential mental health support.

StarHealth, your local community health service, can talk to you about mental health and wellbeing needs and link you to the most appropriate services such as:

- General counselling
- Alcohol and Other Drug Treatment
- Gamblers Help
- Housing, homelessness and tenancy support
- Financial counselling
- Welfare and social support
- Family violence support
- Online services and self-help groups
- Crisis services

### Contact Jessica O'Donnell

Community Engagement Service  
Navigator at StarHealth on  
**0413 836 465** or email:  
jodonnell@starhealth.org.au  
for more info.

### For business support, contact:

[www.business.vic.gov.au/coronavirus](http://www.business.vic.gov.au/coronavirus) – Business Victoria offer a small business mentoring program to help you adapt your business strategy to survive impacts of Coronavirus, and education opportunities to upskill your business

**NEAMI Partners in Wellbeing** offers access to business advisors and financial counsellors. Ph: 1300 375 330

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on **000**.

