



Your Will

Providing hope, enabling recovery
and building resilience



A gift in your Will to Beyond Blue will help to create lasting change, to protect everyone's mental health and improve the lives of people affected by anxiety, depression and suicide.

Your legacy will help to create a thriving Australia for future generations, where all people are equipped with the skills and knowledge to achieve their best possible mental health.



A message from Georgie

By including a gift in your Will, you will be joining a very special group who want to ensure that people affected by anxiety, depression or suicide get the support they need in difficult times.

Many of us – around one in five adults in Australia – experience a mental health condition each year. About three million are living with anxiety or depression. Tragically, we lose eight people a day to suicide, double the national road toll.

I joined Beyond Blue to play a role – alongside many others – in preventing anxiety, depression and suicide, and supporting people to recover when they become unwell. For many of us, it's deeply personal.

My job is a privilege. I've seen first-hand the impact Beyond Blue's work has on the lives of so many people, whether it's through our Support Service and other innovative new services, our programs in schools and workplaces, our advocacy and research, or the work we do to reduce the stigma and change the conversation on mental health and suicide prevention.

We take extremely seriously the trust the community places in us and the support people give us. We don't take this for granted and we can't afford to stand still.

I have included Beyond Blue in my Will, because I know that my gift will save lives, and support individuals, families and communities affected by anxiety, depression and suicide.

I hope you will join me in helping everyone in Australia to achieve their best possible mental health.

With thanks



Georgie Harman
CEO, Beyond Blue



"Justin and I had a very close relationship. He was my older brother and my friend. He was successful in business and in sport. It was such a surprise to us all when he took his life. I have decided that I will do everything I can to prevent this happening to someone else.

By including Beyond Blue in my Will, I know that in the future someone, somewhere will get the help they need at the time they need it most.

This is how I want to honour the memory of Justin."

Dyllan

Gift in Will supporter



A gift in your Will is a powerful way to honour a loved one's memory.

Why Australia needs Beyond Blue now and in the future

About 45 per cent of people in Australia will experience a mental health condition in their lifetime.⁽¹⁾ We will all be affected, whether it be personally or through family, friends or colleagues.

Each year, about 65,000 people attempt suicide⁽²⁾ and more than 3,100 people take their own lives.⁽³⁾ That is more than double the national road toll.

It takes people experiencing anxiety on average eight years to seek support and only about 46 per cent of people in Australia access treatment.⁽⁴⁾

Many people in suicidal crisis still lack the knowledge and skills to keep themselves safe or to reach out for help in their darkest hours.

Twenty years ago, mental health wasn't widely talked about or understood, many people felt they couldn't talk about it.

Now, thanks to the work of Beyond Blue, people are increasingly speaking up about mental health conditions and seeking support when they need it most.

There is still so much more that needs to be done, with depression being the leading cause of disability worldwide and predicted to be the leading cause of burden of disease by 2030, ahead of heart disease.⁽⁵⁾

With your support, we will be able to carry on our vital work of providing support when it is most needed and building an Australia where everyone can enjoy their best possible mental health.

Rebecca has lived with depression since her twenties. Postnatal depression, tough financial times and post-traumatic stress drove Rebecca, a mother of two sons, to seek support from Beyond Blue.

“I was by the side of the road when I rang Beyond Blue. I was thinking of taking my life. They looked after me and safely guided me to the emergency department at my local hospital. Beyond Blue’s Support Service saved my life.”

Today Rebecca is a passionate Speaker for good mental health. She says “I’m now in the position to hopefully prevent future suicides. If I can do anything to help, I’m 150 per cent there.”

A gift in your Will helps enable more people, like Rebecca, to access support at the time that it’s needed most.

Rebecca

Beyond Blue Speaker

By including a gift in your Will, you can help save lives.



Why include a gift in your Will to Beyond Blue?

Your gift will help create a world where everyone is treated equally

Stigma and discrimination can increase the negative impacts of mental health and discourage people from speaking about their mental health and seeking support.

Your gift will allow us to continue to encourage conversations in society, so mental health is discussed as freely as physical health.

Your gift will help people when they need support

“You have no idea how supportive and helpful you’ve all been. You’ve helped with my low moments and kept me on this path ... I think your online chat service is wonderful. It might have saved my life”
(Anonymous Support Service User).

Your gift will help to ensure vital support is provided by trained mental health professionals at the times it is needed most.

This support is offered through webchat on the Beyond Blue website, via email or over the phone 24 hours a day, seven days a week.

The Beyond Blue Forums also allow people to seek advice and support from people who are going through similar experiences.

Honour the memory of a loved one

By leaving a gift in honour of a loved one, you can ensure their memory and legacy will live on.

This legacy will help to create an Australia where everyone can enjoy their best possible mental health. It will leave an impact that lasts for generations, ensuring your children and grandchildren have access to the best support and advice for their mental health.

Your gift can help save lives.

"I live with chronic depression and anxiety. While I lead an active and purposeful life, I know how hard it can be to reach out and seek support because of shame and embarrassment. I know what it's like to cut yourself off from family and friends and sadly, stigma and discrimination still persist.

I am proud to be involved with Beyond Blue as a Speaker, sharing my experience to increase understanding and help shed the stigma of mental health issues.

Beyond Blue plays a vital role in supporting people like me and the community to achieve their best possible mental health."

Maria

**Beyond Blue Speaker
and Blue Voices member**



By including Beyond Blue in your Will, you will help ensure that more ground-breaking innovation can improve the lives of people in Australia now and for future generations.

Your gift will help ensure innovation and research reduce the impact of mental health conditions

Innovation in the field of mental health is vital. Half of all mental health conditions emerge before the age of 14 and around one in seven children experience a mental health condition in any given year. ⁽⁶⁾

Thanks to the advocacy efforts and innovation of Beyond Blue, a new education initiative has been implemented that will help educators caring for and teaching children and young people to support their social and emotional skills and help them to thrive across their lifetime. The aim of the Be You initiative is to create Australia's most mentally healthy generation, reducing the impact of anxiety, depression and suicide for decades to come.

Your gift will make sure that prevention and early intervention is available for those who need it

Your gift will help more people access information and support where they live, work and learn – the settings where people's mental health is most affected. All Beyond Blue information resources and support are available for free so that anyone, regardless of who they are or where they live, can find out more about anxiety, depression and suicide prevention.

A gift in your Will can help people to reach out for support.

"When our 16-year-old daughter, Beth, took her own life, our loss was immense.

We have worked hard since then to save other parents and loved ones from feeling that same sense of loss, through the development of an annual event called the Beyond Bitumen Rally. This enables us to not only raise awareness, but also vital funds for Beyond Blue, as a meaningful way of honouring Beth's memory.

You, too, can honour a loved one, while helping to provide support for people experiencing anxiety, depression and suicide, by including a gift in your Will in their memory to Beyond Blue."

Peter and Trish

**Community event fundraisers
in memory of their daughter**



Create a legacy for your loved one by leaving a gift in their honour.

Why is a Will important?

Having a Will is one of the most important things you can do to protect yourself and your family. It reflects who and what is important to you – your loved ones, family and friends, as well as the causes and charities you support.

A Will is a legal document that will protect the people who are important to you, as well as your assets. It spells out exactly how you would like things handled after you have passed away.

Important decisions, like who will look after your minor children or dependants, should be included in your Will. It will also allow for the distribution of your assets in the way that you intend.

Without a Will, the legal process used to distribute your assets can be lengthy and expensive. A Will removes this extra stress from your loved ones during that difficult time.

You may wish to leave a gift in your Will to your favourite charities. Most charities wouldn't be able to do the wonderful work they do without gifts in Wills. By remembering your favourite charities in this way, you are ensuring your legacy will make a positive impact well into the future.



“Finally, at 53 years old I got around to making a Will and I feel a bit more like a grown up! My experience was that, with the help of a trusted independent expert, it was surprisingly easy to draft and finalise.

Writing a Will may have reduced some of my uncertainties and anxieties about ‘what happens if this and what happens if that.’ It helped me clarify who and what really mattered to me and setting something aside in my Will for charities such as Beyond Blue was definitely important.”

Blue Voices member

How to include Beyond Blue in your Will

The first thing to do is to make sure your friends and family are looked after. Then you may want to consider leaving a gift to Beyond Blue. Next, we advise you to visit a solicitor to have your Will professionally written.

The steps below will help to simplify the process for you.

1. Make a list of everything you own

Include your property, investments and any debts. This will help you calculate the value of your estate.

2. Decide who you'd like to give to

This may include members of your family, close friends or charities you want to remember in your Will. Many people choose to leave a residuary legacy to Beyond Blue, as this ensures that family is provided for first.

3. Decide who you want to name as executor of your Will

These are people named in your Will who you want to be responsible for making sure your wishes are carried out.

"My lived experience of mental health issues and its impact on my life, made me determined to break the stigma associated with it.

In 2003, I became a Speaker for Beyond Blue and since have shared my lived experience with a wide variety of audiences in the community. Sharing my story has helped to reduce the stigma associated with mental health in those communities and has assisted greatly with my recovery.

You too can help Beyond Blue break the stigma and discrimination associated with mental health conditions by including Beyond Blue in your Will."

David

Beyond Blue Speaker



A gift in your Will can help us to break the stigma associated with mental health conditions.

4. Consider how you would like to include Beyond Blue in your Will

There are many ways that you can include Beyond Blue in your Will. Whichever way you choose will make a huge difference to the three million people in Australia experiencing anxiety or depression.

Residual gift

A residual gift is a portion of your estate or the balance remaining after loved ones and expenses are provided for.

This is the gift type we ask you to consider most because it would reflect your intention at the time that you draw up your Will and should not decrease in value over time, as it automatically adjusts to changes in the value of your estate.

Percentage gift

A percentage bequest is a nominated percentage of your estate. This too will adjust its value over time as the value of your estate changes.

Specified items of value

Anything of value, such as property, shares, jewellery or works of art may be specifically named in your Will and given directly to Beyond Blue.

Specified amount of money (Pecuniary)

This type of gift is sometimes called a pecuniary legacy. A pecuniary legacy allows you to nominate a specific amount of money to go to Beyond Blue.

5. Visit a solicitor

A solicitor will help you put your Will together and ensure it is legally binding.

Your solicitor will discuss the topics above and ask you for wording from Beyond Blue to include in your Will.

6. Find a safe place to keep your Will

Keep a copy to check from time-to-time. Your solicitor will often be able to keep your Will on file without charge. It's a good idea to tell a relative or close friend where it is stored.

"In my teens on several occasions I attempted suicide. I know the pain of deep depression and feeling there's no escape.

I did not understand what I was experiencing and struggled through on my own. The support was simply not there for me then.

Now that Beyond Blue is here, I know that at any time, day or night, there is a trained mental health professional available and no-one needs to feel alone when they experience suicidal thoughts. Beyond Blue is there for them, supporting and guiding them.

I want to ensure that Beyond Blue will be able to do this in the future, that is why I will be including Beyond Blue in my Will."

Julie

Blue Voices member

A gift in your Will, will ensure that Beyond Blue will be there in the future, supporting and guiding people when they need it most.



Wording to take to your solicitor:

Please insert the appropriate statement selected from the six options below:

“I give free of all duties or taxes ...

- the whole of my estate
- *[insert number]* per cent of my estate
- the residue of my estate
- *[insert number]* per cent of the residue of my estate
- the sum of \$ *[insert value of your gift]*
- (Details of specific asset – such as shares or property)

... to BEYOND BLUE LIMITED ABN 87 093 865 840 for its general purposes. The receipt of an authorised officer for the time being of BEYOND BLUE LIMITED shall constitute a full and sufficient discharge of my executor’s duties.”

Beyond Blue's promise to you

When you entrust Beyond Blue with a gift in your Will, we want you to feel completely comfortable with the decision. These are the assurances we make:

- 1.** We will always respect your privacy. We recognise and appreciate that your Will is completely personal to you.

- 2.** We will work with all parties handling your gift with care, sensitivity and respect to ensure your wishes are met.

- 3.** We realise that, rightly, your family and loved ones will always come first.

- 4.** We recognise circumstances change and your right to reconsider your decision at any time.
- 5.** We will invest your gift responsibly to extend our reach into the community and ensure your gift has a direct contribution to supporting people with anxiety, depression or at risk of suicide.

- 6.** You can tell us that you've left a gift if you want to, and we'd love to hear – but you don't need to tell us. If you do tell us, we will give you and your loved ones the choice and opportunity to connect with the work we do, that is made possible thanks to gifts like yours.

- 7.** We will thank and remember you for the enduring support you are giving to so many others.

Questions you may have

Q. Do I have to be wealthy?

- A.** Every gift – no matter how big or small, is important to us as they all add up and will be used to help build an Australia where everyone can achieve their best possible mental health.

Q. How do I work out what to leave?

- A.** With the help of your solicitor, make a list of all your possessions and estimate their current value. Include your house, belongings, savings and car and deduct your debts. Then you can decide how much you would like to leave to Beyond Blue. Whatever you choose to leave to Beyond Blue, thank you. It will make a huge difference to the lives of people living with mental health conditions.

Q. Can I specify how the gift in my Will is used?

- A.** We'd prefer it if you could avoid restricting your gift to a specific project or area of work because our services may develop over the years to meet changing needs.

Q. I hope to live a long time. Will you still need my help then?

- A.** Yes, our main objectives won't change and we'll always provide advice and support to people with mental health conditions, campaign to promote help-seeking in the community and advocate to governments for systemic change and investment.

Q. Does my Will ever need to be changed or updated?

A. As your life circumstance changes, it's important that you update your Will to ensure it reflects your current circumstances.

Situations that may require you to update your Will include:

- marriage, separation or divorce
- births and deaths in the family
- major illness
- bankruptcy
- retirement.

The most recent version of your Will is what will be executed, so it's important to make sure it's up to date and reflects your wishes.

Q. Is there a simple way to change my Will?

A. If you already have a Will, the most cost-effective way to include a gift to Beyond Blue is by adding a codicil – a short legal amendment, to your Will.

Please check with your solicitor to see if the codicil is appropriate for the changes you wish to make.



We would love to hear from you if you have made this important decision

Too often we only hear about these amazing gifts that will have an impact on so many people after someone has passed away. We would like to get to know you beforehand, so that we can thank you for this special gift.

Please use this form to request more information about including Beyond Blue in your Will or to inform us that you have included a gift to us in your Will.



Rest assured this information is strictly confidential and is not legally binding.

Private and confidential

I wish to advise Beyond Blue that

- ☐ I/we have left a gift to Beyond Blue in my/our Will(s)
- ☐ I/we would like further information about leaving a gift to Beyond Blue in my/our Will(s)

Title

First name(s)

Last name

Address

Suburb

State

Postcode

Date of birth

 / /

Contact number

Email

If you have any questions at all, we'd be delighted to help.

Please return this form to:

Gifts in Wills
Beyond Blue
GPO Box 1883
Melbourne VIC 3001





**What an amazing legacy
you will leave for future
generations of people
living in Australia!**

**If you have any questions about
including a gift in your Will we'd
be delighted to help:**

☎ 03 9818 9290

✉ giftsinwill@beyondblue.org.au

🌐 beyondblue.org.au/giftsinwill

We look forward to sharing with you the vital impact that your decision will make on the future for people affected by anxiety, depression and suicide.

Your commitment to Beyond Blue's future will help people, in the future, achieve their best possible mental health.

References

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Beyond Blue acknowledges the Traditional Owners of the Land in which our head office is based, the Wurundjeri peoples of the Kulin Nation. We pay our respects to Elders past, present and future and as an organisation with national reach, we extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples across Australia

Where to find more information

Beyond Blue

 beyondblue.org.au

Learn more about anxiety, depression and suicide prevention, or talk through your concerns with our Support Service. Our trained mental health professionals will listen, provide information, advice and brief counselling, and point you in the right direction so you can seek further support.

 **1300 224 636**

Email or chat to us online at beyondblue.org.au/getsupport

 [@beyondblue](https://www.facebook.com/beyondblue)

 [@beyondblue](https://twitter.com/beyondblue)

 [@beyondblueofficial](https://www.instagram.com/beyondblueofficial)

 [company/beyondblue](https://www.linkedin.com/company/beyondblue)

Head to Health

 headtohealth.gov.au

Head to Health can help you find free and low-cost, trusted online and phone mental health resources.

 Donate online: beyondblue.org.au/donations