

8 October 2025

## Australia Post delivers support for mental health with new Beyond Blue stamp collection

Australia Post has today unveiled a new stamp series, designed to put mental health in the spotlight, launching the *Journey to Wellbeing* stamps in partnership with Beyond Blue.

The two-stamp issue features original artwork created by members of Beyond Blue's lived experience community, *Blue Voices*, with each artwork representing a deeply personal perspective on resilience, mindfulness, and connection.

Featured artworks include *Healing Through Art Series 2024 – Presence* by Jacqueline Mepstead, which celebrates mindfulness and connection to nature and *Sunflower Sojourn* by Malise Banks, a vibrant piece inspired by calmness, nature and resilience.

Australia Post General Manager Community and Stakeholder Engagement, Nicky Tracey, said the stamps reflect Australia Post's commitment to supporting conversations about health and wellbeing.

"At Australia Post, we are proud to work with Beyond Blue to raise awareness of the importance of talking about and supporting good mental health. The Journey to Wellbeing stamps are more than beautiful designs, they symbolise the diverse ways people care for their mental health and remind us of the importance of talking about how we're feeling," Ms Tracey said.

Beyond Blue CEO Georgie Harman AO said, "At Beyond Blue, we know that small, everyday actions can make a big difference to our mental health. The Journey to Wellbeing stamp collection is a powerful reminder that looking after our mental health is something we can all do — and that seeking support early can change lives.

These stamps, created by members of our lived experienced community, reflect the strength, creativity and connection that can come from sharing our stories.

We're proud to continue our partnership with Australia Post, which helps bring these messages into homes and communities across the country. Together, we're sending a clear message: mental health matters, and Beyond Blue is always there with free, compassionate support and advice."

Stamp artist and Beyond Blue lived experience community member Jacqueline Mepstead said, "Art has become a daily practice that helps me shift into a more positive and creative space and feel more grounded and connected. It gives me space to slow down, reflect and express what's going on inside - even when I can't find the words."

Stamp artist and Beyond Blue lived experience community member Malise Banks said, "Being part of this stamp collection means a lot to me. It's a way of showing others that creative activities can support our mental health, and that we all have different ways of finding calm and connection. I hope these stamps spark conversations and remind people that support is out there, and that it's okay to talk about how we're feeling."

The launch of the Journey to Wellbeing stamps builds on Australia Post's partnership with Beyond Blue, established in 2020. Together, the organisations have delivered initiatives such as delivering 21 million Connection Postcards, Beyond Blue's Community Events and Speakers Program, and support for the Big Blue Table fundraising campaign.

The Journey to Wellbeing stamp issue is available now at participating Post Offices, via mail order, and online at [auspost.com.au/stamps](https://auspost.com.au/stamps)

Beyond Blue's Wellbeing Action Tool can help you identify what works for your wellbeing and then build on those actions to strengthen your mental wellbeing. Find out more at [beyondblue.org.au/mental-health/wellbeing-action-tool](https://beyondblue.org.au/mental-health/wellbeing-action-tool)

**Media contact:**

Anna Garcia, Senior Manager Public Relations, Australia Post

M: 0409 402 966

E: [anna.garcia3@auspost.com.au](mailto:anna.garcia3@auspost.com.au)

**About Australia Post:**

*As Australia's postal service for more than 216 years, we're at the heart of every community. Last financial year we delivered more than 2.2 billion items to 12.8 million delivery points. Australia Post has one of the largest retail networks nationally, with more than 4,000 Post Offices. Australia Post employs people of all ages, genders, and abilities in our extended workforce of more than 64,000 team members, reflective of the diverse communities we operate in. We are proud to be included in the inaugural Indigenous Employment Index with 3% of our workforce identifying as Aboriginal or Torres Strait Islander and we are one of the largest Australian employers to be certified as a Disability Confident Recruiter.*

**REVIEWED BY:**

NAME	TITLE	DATE
Maureen D	Comms Manager	12/9/25
Carly C	Principal Comms Adviser	16/09/25
Greg J	Chief Engagement Officer	17/9/2025
Georgie H	CEO	22/09/2025