



COASTREK AND BEYOND BLUE TEAM UP TO HIKE FOR MENTAL HEALTH ACROSS AUSTRALIA

Coastrek and Beyond Blue are teaming up to hike for mental health on some of Australia's most iconic coastlines in 2025, combining the benefits of exercising in nature for improved health and wellbeing and raising funds for the Beyond Blue 24/7 Support Service.

The [Coastrek](#) series will see teams of trekkers follow a 12-week training program for a 20km, 30km or 50km event day hiking challenge in five spectacular locations including Sydney, the Mornington Peninsula, the Sunshine Coast, the Fleurieu Peninsula and the Margaret River region.

"There are strong synergies between Coastrek and Beyond Blue with both organisations recognising the benefits that physical fitness, social connections and being in nature have on mental health. Taking on a challenge like Coastrek establishes a positive connection with fitness and a healthy routine that benefits trekkers way beyond the finish line," says Coastrek Founder, Di Westaway OAM.

Currently around 5 million Australians are living with anxiety or depression and nearly half will experience a mental health condition in their lifetime. The partnership with Coastrek will support Beyond Blue's focus on prevention and earlier intervention, supporting people before mental health issues arise or reach crisis point.

"Everyone taking part in Coastrek will be making a difference to their own mental health and wellbeing while ensuring advice, support and information provided by the Beyond Blue Support Service continues to be freely available to everyone in Australia, whenever and wherever they need it," said Beyond Blue CEO Georgie Harman.

Ms Harman will take part in the Coastrek Sydney event in April which will see trekkers hike either 50km from Middle Head in Mosman, 30km from Rushcutters Bay, or 20km from Vaucluse along the stunning harbourside and coastline finishing in Coogee.

While Coastrek welcomes everyone, it has proved highly popular amongst women. According to the Australian Bureau of Statistics, women experience the highest levels of anxiety and depression in Australia – 1 in 3 women will experience anxiety in their lifetime and 1 in 5 will experience depression. Over 61% of the contacts made to the

Beyond Blue Support Service each year are by women, seeking advice and support either for themselves or loved ones.

Coastrek is a team event of minimum two people, with all team sizes welcome, fostering an essential connection with friends and colleagues, with nature and with the community.

Visit www.coastrek.com.au for more information and register a team for Coastrek events around Australia.

Overview of Mental Health in Australia:

(www.beyondblue.org.au/mental-health/statistics)

- Around 5 million Australians are living with anxiety or depression and nearly half of us will experience a mental health condition in lifetime.
- More than 750 people reach out to the Beyond Blue 24/7 Support Service every day – that's over 275,000 life-changing conversations every year.
- 1 in 3 women will experience anxiety and 1 in 5 will experience depression in their lifetime. While women are more impacted by anxiety and depression than men, they have a greater tendency to seek help – both for themselves and others. Over 60% of the contacts made to the Beyond Blue 24/7 Support Service each year are made by women, seeking advice and support either for themselves or loved ones.
- Anxiety and depression rates are found to be lower in men (1 in 6 are likely to experience anxiety and 1 in 8 will likely experience depression in their lifetime), *however*, men are less likely to seek help, leading to declining mental health. Of the nine people who take their lives in Australia each day, seven are men.
- In the workplace, 1 in 5 people will take time off work each year due to stress, anxiety or depression.

Beyond Blue 24/7 Support Service:

1300 22 46 36

www.beyondblue.org.au/get-support

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