



## **COASTREK'S SYDNEY EVENT RAISES OVER \$1 MILLION IN SUPPORT OF BEYOND BLUE**

Over 2,000 trekkers hiked Sydney's spectacular coastline on Friday, 4 April, combining the benefits of exercising in nature for improved health and wellbeing while raising \$1,004,418 to help fund Beyond Blue's 24/7 Support Service.

Trekkers hiked either 50km from Middle Head in Mosman, 30km from Rushcutters Bay, or 20km from Vaucluse along the stunning harbourside and coastline finishing in Coogee. The event is the first of five [Coastrek](#) events set to take place around Australia in 2025 and part of a \$4.25 million fundraising target for the year.

More than 750 people reach out to the Support Service every day – that's over 275,000 life-changing conversations every year. Beyond Blue CEO, Georgie Harman, and her team '[Coastrek and Beyond](#)' were amongst the 30km trekkers that hit the trail.

"The Support Service relies solely on community funding, and we can't thank the Coastrek Sydney participants enough for their hard work. These funds will help ensure the advice, support and referrals 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.

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.

"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.

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.

The Coastrek Sydney event is the first of **five Coastrek events around Australia in 2025**. Future events will take place on the Mornington Peninsula, the Sunshine Coast, the Fleurieu Peninsula and in the Margaret River region.

Visit [www.coastrek.com.au](http://www.coastrek.com.au) for more information, register a team and hike for mental health in support of Beyond Blue.

### **Overview of Mental Health in Australia:**

([www.beyondblue.org.au/mental-health/statistics](http://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 our 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](http://www.beyondblue.org.au/get-support)

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