

YOUR IMPACT

Every dollar you raise has an impact on mental health in Australia. Here are some of the ways your funds will assist the 3 million people in Australia currently experiencing anxiety or depression.

 **\$30**

Covers the cost of producing, printing, packing and posting free information materials about anxiety, depression and staying well to anyone in Australia.

All Beyond Blue information resources are available free so that anyone, regardless of income or location, can find out more about anxiety and depression.

 **\$48**

Ensures every phone call, web chat and email to the 24/7 Beyond Blue Support Service is answered.

The mental health professionals at our Support Service provide practical support, advice and hope to people in need of an expert listening ear – 24 hours a day, seven days a week.

 **\$110**

Enables a Beyond Blue Speaker or Ambassador to share their story in the community.

By sharing their stories of hope, recovery and resilience across the country, Beyond Blue Speakers and Ambassadors help reduce stigma and encourage people to reach out when they need support.

 **\$270**

Funds a session with a NewAccess coach across eight locations in Australia.

NewAccess is a trailblazing Beyond Blue initiative, providing free support from trained coaches to help people overcome mild to moderate anxiety or depression. NewAccess coaches are available in eight PHNs nationwide.

 **\$600**

Helps deliver innovative online programs across Australia to help protect everyone's mental health.

BRAVE is a free, self-guided interactive online program that teaches parents and young people how to cope with their worries and helps them to protect their mental health.

 **\$1,000**

Helps train a Support Coordinator for The Way Back Support Service.

The Way Back Support Service is a suicide prevention service, developed to support people for three months after they've attempted suicide. The program is being trialled in the Northern Territory, New South Wales and Australian Capital Territory.