

TOGETHER WE ARE BEYOND BLUE

# Beyond

SEPTEMBER 2020

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## THE MENTAL LOAD

How to cope when  
all the little things  
become a heavy burden

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## HOW ARE AUSTRALIANS COPING WITH COVID-19?

Four Support Service  
workers share their insights  
on the mental health effects  
of the pandemic



**Beyond  
Blue**

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## This has been a year none of us will ever forget.

Our community has faced unprecedented challenges – from devastating bushfires to a pandemic that has created a seismic shift in the way we live.

People are reaching out to Beyond Blue in record numbers and I want to take this opportunity to thank you for your support. It has never been more needed or appreciated.

Contacts to Beyond Blue's support services increased 66 per cent in April and 60 per cent in May compared to the same period in 2019. In June, calls were up 47 per cent on June 2019. Not surprisingly, contacts from Victoria have dominated the past few weeks.

In March we set up a "Coping with Coronavirus" thread on our online peer support forums and in the those early weeks it received seven times the volume of traffic a similar thread on the summer bushfires received earlier in the year. Now, these online forums have seen more than one million engagements since early April.

The pandemic is having an impact on those already living with mental health issues and people who have never struggled before. Some are doing it much tougher than others.

These are trying times. But we will get through them.

What we need right now is kindness, compassion, and patience. As we grapple with uncertainty and restrictions on the way we live, it can help to remind ourselves that the sacrifices we're making are for the greater good.

We're doing this for our family, our friends, and our neighbours. For older Australians and those living with disability, for people with chronic health challenges, for our educators, healthcare and other essential workers.

And when they need our help, Beyond Blue will continue to be here. Our services are for everyone. There is no eligibility criteria. We don't want people to wait until they reach crisis point before reaching out to us.

A simple conversation to talk things through and put a practical plan in place to cope may be enough to stop things spiralling. Our experienced counsellors provide free and immediate support and advice if you're feeling stressed, anxious, or depressed, if you're concerned about a loved one or you have concerns about finances, employment, or education.

In the six months since the pandemic hit, Beyond Blue has adapted our programs and services to ensure we maintain and, where possible, increase our engagement with the community. We are always listening to what you need.

Our team worked around the clock to build the new Coronavirus Mental Wellbeing Support Service in just over a week. We then forged new partnerships, added new support options, and have continuously updated the digital site's content to match the community's changing concerns.

Our early intervention mental health coaching service, NewAccess, has mobilised to meet demand for more telehealth services, while at the same time responding to the unique

needs of people affected by the summer bushfires.

As we embark on delivering a new strategic plan over the next three years, our three strategic priorities are promoting mental health and wellbeing, being a trusted source of information, advice and support, and working together to prevent suicide.

Given the pace and scale of upheaval since we settled on these priorities late last year, we asked ourselves, are these still right? We believe they are, and so we move forward with renewed confidence.

This year, millions of people in Australia and around the world have had to re-evaluate the way we live, the way we work, and the way we connect. It has brought into sharp focus what matters most.

We are looking out for our neighbours, practicing random acts of kindness, and recognising that for communities to flourish we need to look after everyone, particularly those facing the most adversity.

And that is Beyond Blue's work in a nutshell. We are there for people when they need us most. Your generosity has allowed us to do that and I hope you stick with us so we can always be there for people when they need us. For this I say thank you.

It is hard to find anyone who has been untouched by the events of this year. We understand if these tough times mean you can't give like you have before.

If this is the case, remember we are here for you.

Thank you for your compassion and generosity.



Georgie Harman  
CEO

*“And that is Beyond Blue's work in a nutshell.”*

*We are there for people when they need us most.”*

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**We are so thankful for your support in helping our mental health professionals be there to answer every call. If you would like to make a donation, simply complete and mail the enclosed coupon, donate online at [beyondblue.org.au/](https://beyondblue.org.au/) donate or call 03 9810 6100.**

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Beyond Blue acknowledges the Traditional Owners of the Land in Melbourne in which our head office is based, the Wurundjeri people of the Kulin Nation. We pay our respects to Elders past and present and extend our respect to all Elders and Aboriginal and Torres Strait Islander peoples across Australia.



# The mental load – one woman's experience

**Mental load can be tricky to articulate since it refers to seemingly invisible mental work that we do, but rarely stop to consider. Roo shares her story of coping with it.**

**M**ental load is that thing that keeps your mind 'ticking' – the never-ending to-do lists, organising, prioritising and planning that helps keep our work, home, family, and social lives running smoothly.

When the mental load isn't shared equally within households, it can become a heavy burden that leads to stress, fatigue and exhaustion, all of which can affect our mental health and wellbeing. All too often, this mental load is carried by women.

#### **Roo's story**

The loss of precious spare time and a head brimming with to-do lists is something Roopinder (Roo) Dhillon, a lawyer and mum of 19-month-old daughter Siana, is all too familiar with.

"Mental load for me is the weight of what I have on my mind, all the time. This includes life admin, housework, cooking, grocery shopping, anything to do with my child, social commitments, etc. It's an endless to-do list but also, it's the task of constantly managing and juggling that list. It's this constant weight of pressure on my mind," says Roo.

For Roo, the mental load has definitely felt heavier since becoming a mother.

"As the woman, you carry the child, you birth the child, if you're breastfeeding you feed the child, and if you're at home with them, you're their first go-to. Much of the responsibility fell to me from the word go and just never really went away," she says.

Roo says she feels very lucky to have a beautiful, spirited daughter,



an incredibly helpful partner and wonderful in-laws, but she also readily admits that she finds the responsibilities and mental load that comes with being a parent challenging.

“When I start feeling really overwhelmed and like I’m being taken for granted, I try to remember that I usually start feeling like that when I need more time for myself. Once I’ve realised that, I make it happen – because if I don’t, then that’s when my mental health can deteriorate.”

### **Why do women carry this load?**

Social conditioning plays a big part – our mothers did it, their mothers did it, and so on. For some women, there’s a belief that it’s part of being a ‘good wife’ and a ‘good mother’, which again, is caused by deep-rooted societal norms.

“I was raised in a culture where women are the primary caregiver, so I guess I’ve been conditioned into doing the

same. The dynamics of my relationship play a part too. I’m also pretty detail-orientated and like things to be done a certain way,” she adds.

Roo decided to go back to work full time due to her law firm offering more flexibility in response to the pandemic. Refocusing on her career has been a good decision, although her daughter remains her main priority.

“Becoming a mother has meant that my priorities have changed. I have to expect less of myself, work less, earn less, and accept that – for now anyway. I remind myself that it’s not permanent – that you can ‘have it all’, you just can’t have it all at the same time.”

### **Lightening the load**

For many women, a big part of lightening the mental load lies in talking about the fact that it exists in the first place. By talking openly about it with your partner, you shine a light on the problem – and you know what they say about a problem shared...

“I learnt pretty quickly that you need to create a system that works for you and your family. We decided to move next door to our in-laws after having our daughter and it’s literally the best decision we’ve ever made,” says Roo.

“I also make the most of organisational apps and online calendars. My partner and I both have access to them, which is key. But the main way I lighten my mental load is by communicating with my partner if things are starting to feel too heavy.”

*“Mental load is an endless to-do list, a constant weight of pressure on my mind. The main way I lighten my mental load is by communicating with my partner.”*

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If the mental load you’re carrying is making you experience stress and anxiety, help is available. Call 1300 22 4636 or visit [beyondblue.org.au](https://beyondblue.org.au).



# Rossllyn's legacy

**Discovering she had an incurable cancer was a shock for Rossllyn Taylor. It became the motivation for this remarkable woman to include a gift to Beyond Blue in her Will, creating her own legacy and helping save lives in the future.**

"My cancer diagnosis brought me face-to-face with reality in a sudden way," Rossllyn says. "It has in many ways given me a heads-up for the future and an agenda for the rest of my life. I decided to get my affairs in order and part of that was the desire to help people with mental illness into the future."

Rossllyn's first experience with mental illness came when her elder sister told her that she was experiencing depression.

"Because I hadn't experienced depression at that point, it was hard for me to understand it. Broken limbs, the flu, even cancer are commonplace and there is a physical manifestation of these illnesses. Poor mental health is very much misunderstood, and variations on 'pull yourself together' can still be very common."

Rossllyn's own experience with depression started 20 years ago, and it took her a long time to recover.

"It was a long, hard road to travel. I knew my family was very worried about me so I did what so many others do and hid my feelings from them. I felt, beyond a shadow of a doubt, that life would always be this dreadful existence.

I hit rock bottom many times. I was often suicidal and had to work hard to overcome these feelings, or at least learn to live with them."

"That's why, when given the opportunity to become a Community Champion on the Beyond Blue online forums, I took it with the hope that I could give support to those who are struggling.

"It is a great honour to do this. I have been given a great deal of personal support from the forum when I needed it. Just being there is sometimes the best help."

It is this extraordinary desire to help others that resulted in Rossllyn including a gift to Beyond Blue in her Will.

"I updated my will recently with the knowledge that it will probably be my last one and that I needed to get it right," she said. "I was surprised how emotional I became at times. I felt I would like to continue to support the organisations that care for people in the areas that resonate with me. Beyond Blue is one such organisation."

"It's good to know my legacy will help others and continue the work I have seen started and been a part of for so long. I think the work of Beyond Blue is unique and this is my way of helping continue this support into the future when I am no longer here."

For now, Rossllyn is making the most of every day she has with her children, grandchildren, friends and the things she loves – gardening, knitting, embroidery, crosswords and scrapbooking.

"I want to leave some good memories for my grandchildren and have started to make scrapbooks for each one. I think it will be a long process with eight grandchildren, so I need to get to work on them!"

*"Rossllyn's gift will help create lasting change, by protecting everyone's mental health and improving the lives of people affected by anxiety, depression and suicide into the future."*



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**If you'd like to learn more about leaving a gift in your Will to Beyond Blue, you can contact Linda Ball, Gifts in Wills Manager, on (03) 9892 6985 or visit our website [beyondblue.org.au/wills](https://beyondblue.org.au/wills).**

# Why we support Beyond Blue

**When the Moelis Australia Foundation was considering how their business would make a difference, staff input and the personal values of Joint Chief Executive, Chris Wyke, led them to Beyond Blue.**

## **Why did you choose to support the mental health of the community?**

Mental health is a significant issue in the community, but one that is hard to articulate as there is not one specific solution or problem. A bit like an iceberg, we often only see the surface level issues and more support is needed to have a real impact and make a difference for those in the community experiencing mental health issues.

## **What made you start supporting Beyond Blue?**

We set up our Foundation to be staff-led and to create a vessel for staff to support causes and organisations close to their hearts. Both business and personal experience came together which led to Beyond Blue being a charity that we wanted to support. From a business sense, the work of Beyond Blue resonated with many of our staff, especially in a world where mental health can be often overlooked. Personally, I unfortunately saw the impact that suicide has on family and the community, which led to my passion for Beyond Blue.

## **What impact do you hope to have through your support?**

Put simply, to provide help to people who need it. To make sure that when someone calls Beyond Blue, their call is answered.

In supporting Beyond Blue, it has been humbling to read the courageous personal stories of those who have been positively impacted through the Support Service. We want to enable



Joint Chief Executive Officer, Chris Wyke, with his children

more success stories.

## **Would you recommend that other people in your position support Beyond Blue?**

Definitely. Any leader of any organisation would have had to deal with the mental health issues of their staff, especially in the past six months. By supporting Beyond Blue, you are supporting your staff and community. But you don't have to be a CEO or leader to see the impact on the community's mental health, especially at the moment. I think we all know someone experiencing these issues and there has never been a more relevant time to give to Beyond Blue to ensure that people get the support that they need.

The Moelis Australia Foundation are one of a growing list of Beyond Blue Major Donors. They have donated over \$120,000 this year to Beyond Blue. A major gift is a significant financial donation made by individuals, charitable trusts, foundations or Private Ancillary Funds (PAFs).

**If you would like to learn more about major giving at Beyond Blue, you can contact Tulsı Rajyaguru, Major Gifts Manager, on (03) 9892 6984.**

# Meet the coaches behind our innovative NewAccess program

**At the heart of NewAccess – a free program developed by Beyond Blue to support anyone feeling stressed, anxious or overwhelmed – are its coaches. Here, three of them share why they love what they do.**



**O**ur NewAccess program helps Australians recognise problematic patterns of thinking and behaviour as a first step to finding more helpful ways to think and act.

It is driven by ‘coaches’, ordinary Australians who give once-a-week half-hour coaching sessions.

“I’m not a psychologist and I’m not a counsellor,” says NewAccess coach Chris Tully. “I’m a coach and I think that title is just one of the many things that makes the NewAccess program so appealing.”

Brisbane-based Chris has been involved with NewAccess for the past two and a half years. Our coaches, who are highly trained using an evidence-based approach, come from all walks of life. Chris is ex-military, and a former sales rep.

“Coming from non-clinical backgrounds means we’re able to relate to people really well and have so much empathy for whatever people who reach out to us are experiencing,” he says.

Fellow NewAccess coach Jo-Anne Rechner, a former high-school

teacher, agrees.

“For many people, seeking help from a NewAccess coach isn’t as big a deal or perhaps as intimidating as approaching a psychologist,” she says.

“Plus, the feedback we get is that it’s how soon we’re able to see people [who refer themselves to the program] that’s so helpful, particularly compared to other avenues of support, where getting an appointment can sometimes take months. Combined with the fact that it’s free and low-intensity means we’re able to reach so many people.”

## **A self-guided process**

Seven out of 10 people who participate in NewAccess report a significant reduction in symptoms of anxiety and depression.

“When people thank me after the six sessions, I always say to them, ‘Don’t thank me – it’s you who’s done the work!’,” says Chris.

“Sure, I’ve been there, and we’ve processed things together, but it’s always the person who’s getting their own answers because it’s self-guided help. That’s so important.”

*“Our NewAccess program helps thousands of Australians recognise problematic patterns of thinking and behaviour.”*



Toowoomba-based coach Nicholle McEwan has one word for that: collaboration.

“As coaches, we don’t have all the answers, we work together,” she says. “It’s a true collaboration every step of the way, including sharing weekly progress with participants.

“And while we’re always very mindful of the road people have travelled, we’re more focused on working to find tools to address the issues that are occurring now. Because that’s where we’re trying to make the changes and turn circumstances around.

“My favourite thing about the whole process is when someone has what I call their lightbulb moment – when they start to view whatever it is they’re struggling with from a different point of view for the first time.

“That’s when they begin to understand the behaviours that are keeping them stuck. NewAccess is a person-empowering approach. People really connect with their own learning.”

### **An honour and a privilege**

NewAccess coaches might have different backgrounds and life experiences, but they also have one thing in common: they love what they do.

“This is the first role I’ve had where I feel a genuine sense of purpose,” says Chris. “I’m so passionate about the program.”

Nicholle says she knew she wanted to become a NewAccess coach as soon as she read the job description.

“And I was lucky enough to get the position. The people I see are incredibly diverse – 12-year-old children, 89-year-old men and every person in between. It’s an honour to hear each one of their stories.

“And getting feedback from someone that it’s turned their life around is immensely rewarding, but I also learn from every single person I work with.”

As for Jo-Anne? It’s a very similar story.

“As coaches, we love the program. We not only love being coaches, we love what NewAccess does for people. We see some amazing things. To have someone trust you as a coach and go on to achieve what they do is not only incredibly gratifying, it’s a real privilege.”

*“Getting feedback from someone that it’s turned their life around is immensely rewarding.”*



You can learn more about how the NewAccess program works, including finding answers to frequently asked questions, by visiting [beyondblue.org.au/get-support/newaccess](https://beyondblue.org.au/get-support/newaccess)

At the site, you can also find out whether there’s a program currently available in your area, submit an enquiry online or make a simple phone call to start the ball rolling.





# How are Australians coping with COVID-19?

**We talked to four Coronavirus Mental Wellbeing Support Service counsellors about how people have been coping during COVID-19.**

Counsellors Kelly, Michelle, Jessica and Megan, share their insights about how the community is feeling during this challenging time.

**What are the main concerns for people calling the service?**

**Kelly**

Quite a few people I've spoken to have said they're too afraid to go out still. They are anxious about people jumping in too quickly and they're feeling uncomfortable about being as sociable as others.

**Michelle**

We've also had several people calling in about COVID-19 conspiracy theories. As people go back out into the wider community, people are sharing their views about the origin of the virus. For some people this is adding an extra layer of anxiety.

**Jessica**

People that are really isolated due to the pandemic just want to hear a voice. They're not necessarily looking for solutions – they're just needing human connection. When people are feeling this way, naturally the calls are longer.

**Megan**

People who have never experienced depression or anxiety before are starting to experience it for the first time. Some are experiencing OCD-type behaviours for example, especially regarding children and germs. I've had parents who don't let their children go outside, who are going to the supermarket and disinfecting everything, even goods with packaging on.

**On the whole, who has been calling the service?**

**Kelly**

I've had a number of women call in who are worried about their partners going back to the workplace. Most of them have young children, so there's concern about them not only contracting coronavirus but bringing it home and the kids getting sick.

**Michelle**

A lot of my callers have been older, around 70. They've mostly been worried about family members coming to see them and potentially passing on the virus, particularly family members who've been overseas.

**What kind of sentiment have you been getting from the people using the service?**

**Kelly**

I think some people may feel a little uncertain about whether they need to call in. They may have never used a counselling service before and so feel a bit hesitant at first. But usually, as soon as you start engaging with warmth and kindness, they realise it's completely understandable to be struggling right now and completely natural to seek help.

**Jessica**

I've had people say that they almost feel undeserving of support. They'll say, "Oh, you know, I'm sure you've got other people waiting and I know I haven't got it as bad as a lot of other people." When this happens, I try to be really clear with them – I have time and how you're feeling is important.

**How have you been staying mentally healthy during COVID-19?**

**Jessica**

I've been hiking, running and spending time outdoors as much as possible. I've also been practicing mindfulness regularly, and just trying to make the most of all the self-care options that are available to me right now.

**Megan**

I found it helpful talking to the clinical lead and debriefing after some of the more difficult clinical calls. I also make sure that I enjoy my time off and make the most of my weekends.

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**The Coronavirus Mental Wellbeing Support Service is available to everyone, no matter your situation. Call 1800 512 348 or go to [coronavirus.beyondblue.org.au](https://coronavirus.beyondblue.org.au).**



# The launch of *Not Alone*, our new podcast

Recently, Beyond Blue released its very first podcast series – *Not Alone*.

**W**hen it comes to mental health, we all have our own unique stories to tell. We created this series to reinforce the message that when it comes to mental health, no matter what you are going through, you truly are **not alone**.

This first season consisted of six episodes, each one based on a popular discussion topic from our online forums. These themes include overcoming trauma, supporting a loved one with a mental health condition, work stress, loneliness and isolation, finding purpose and dealing with an inner critic.

The feature of each episode is an interview between our host, Marc Fennell, and a community member who has a connection with that topic. As you will hear, this series is all about personal stories. They are authentic, engaging and powerful in their ability to inspire hope.

For those unfamiliar with podcasts, it is a medium that has seen a huge rise in popularity over recent years.

The intimate nature of podcasts, with most people listening with headphones, creates a unique sense of connection between speaker and listener. This presents an exciting opportunity for Beyond Blue to reach a wide audience and model important, open conversations around mental health.

By sharing personal stories in the form of open and honest conversations, we can reduce the stigma that stops people speaking up when they need support.

Marc Fennell is an accomplished media presenter who has worked with the likes of the ABC, SBS, Channel 10 and Audible. Marc is a brilliant interviewer and has been incredibly enthusiastic with his involvement in this project.

***Not Alone* is available to listen via podcast platforms such as Apple Podcasts and Spotify. You can also listen on the Beyond Blue website: [beyondblue.org.au/not-alone](https://beyondblue.org.au/not-alone).**

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**Tim Hoopmann (pictured left), one of our podcast guests, in conversation with Marc Fennell**



# Financial wellbeing and mental health

**A**s COVID-19 continues to damage Australia's economy and impact the job market, it's becoming increasingly clear that the pandemic is presenting many people with significant financial challenges.

Laura Higgins, Senior Executive Leader, Financial Capability at Australian Securities and Investments Commission (ASIC) and head of [moneysmart.gov.au](http://moneysmart.gov.au), explains that for most people, financial wellbeing and mental health are closely linked.

"Being in an unhelpful financial situation can have a negative impact on our mental health. Conversely, if we're struggling with our mental health, sometimes our finance management falls by the wayside," she says.

## No time like the present

Typically, we might understand financial stress to be when people can't meet their day-to-day financial commitments. It's important to understand that financial stress is different for everyone and it isn't necessarily just about a lack of money, as Higgins explains.

"For some people, stress relating to money may simply mean one unpaid bill or a lack of confidence when handling finances."

Whatever your concern, reaching out for help sooner rather than later is always a good idea.

"I'd definitely recommend acting on it quickly. Whether that's by signing

up for some free financial counselling or calling the National Debt Helpline, these services not only provide practical advice but peace of mind too, which is key in terms of supporting mental health."

## Take a step-by-step approach

Higgins says, "I'd recommend carving out a bit of time to address your finances and take a step-by-step approach. If you do one little thing, even just check your bank statement for example, recognise that as an achievement. Then set yourself another little task, and so on."

"If you struggle with this, do it with a family member or a friend. Don't set yourself up to do it alone if you know that you'll find it hard," she adds.

## Let's talk about money

It's really important to get into the habit of tending to our finances on a regular basis, says Higgins, who recommends looking after your finances the same way you'd look after your health or your car.

"Both these things benefit from regular check-ups, as do our finances. So, try and make attending to your money matters a real habit."

## No judgement here

When it comes to supporting those close to you who are struggling with financial stress, Higgins suggests a fairly hands-on approach.

"Practical help, like helping sort unopened bills can go a long way. Especially if a loved one is struggling with their mental health, as they may not have the mental clarity required to sit down and sort through things," says Higgins.

"It's easy to adopt a head-in-the-sand approach, especially if we're in a bad place mentally, but things can quickly spiral. So, schedule a specific time on a regular basis to take a look at your bank statements, pay your bills, etc. It really is well worth it, particularly when it comes to alleviating and managing financial stress."

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Beyond Blue has partnered with Financial Counselling Australia, to encourage people to start talking more openly about money and to provide access to information and support, whatever their situation.

To find out more about the link between financial wellbeing and mental health visit: [beyondblue.org.au/financial-well-being](http://beyondblue.org.au/financial-well-being).

If you, or someone close to you, are in financial difficulty contact the National Debt Helpline on: **1800 007 007**.

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**Laura Higgins (pictured left), Senior Executive Leader, Financial Capability at Australian Securities and Investments Commission (ASIC) and head of [moneysmart.gov.au](http://moneysmart.gov.au)**



# Mask up for mental health



million Australians living with anxiety or depression, Beyond Blue's mental health work and reach is more important than ever".

With the support of her friends, Joolz decided to use her outdoor accessory business to create face masks and donate \$10 from each mask to Beyond Blue.

"Each cotton mask you purchase has been handmade by volunteers in Melbourne who generously give their time to assist the work of Beyond Blue. Every donation helps and makes a significant impact to mental health in Australia, so thank you for your generosity."

When Joolz set out, she initially didn't foresee how popular her venture would be. She says, "If you had suggested I put \$9,000 as a goal, I would have been laughing!" Joolz's mask venture has raised nearly \$10,000 for Beyond Blue. Well done Joolz!

**Thank you Joolz and your incredible community of volunteers, ensuring everyone is safe and healthy.**

**L**ocal Melbournite Julie, of Simply Joolz, has recognised the significant impact coronavirus has had on mental health in Australia. "Since the outbreak of the COVID pandemic, and with 3

## Something exciting is coming to Beyond Blue!

**Help us design an impactful and successful fundraising signature event or campaign for Beyond Blue.**

**T**he impacts of this year's bushfire crisis and COVID-19 pandemic mean people are needing support now more than ever before. Contacts to our Support Service increased 66 per cent in April and 60 per cent in May, compared to the same period in 2019. In June 2020, calls were up 47 per cent on June 2019 and we know that increased demand will continue in years to come.

Now is the time for us to start planning a **fundraising signature event or campaign** to help us keep up with the growing demand for the Beyond Blue Support Service, which is entirely funded by donations.

Beyond Blue's signature event or

campaign will be delivered annually from 2021 and will raise vital funds to make sure every call, email and webchat is answered by a mental health professional.

We would love to hear from you about the type of event or campaign that you're most likely to participate in, support and advocate for in your community. As a dedicated Beyond Blue supporter, we really value your input on new ways we can ensure everyone in Australia can achieve their best possible mental health.

If you have any great ideas and would like to help us create Beyond Blue's fantastic new fundraising event, please email the team at [fundraising@beyondblue.org.au](mailto:fundraising@beyondblue.org.au).



# Team Beyond Blue in action

We are always amazed by the inventive ways the community comes together to fundraise for Beyond Blue. Generous contributions from the community make an enormous difference in supporting Beyond Blue's programs and services as well as engaging friends and neighbours in conversations about mental health.

## Close ups for connection



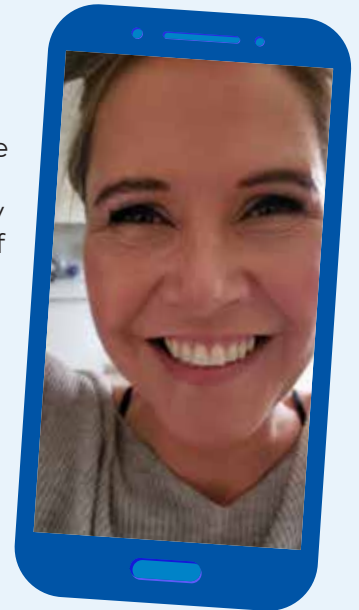
Some people are enjoying time to themselves, while others like Maxine are missing physical connection while we isolate because of the pandemic.

"I had the idea for #closeupforcorona a couple of weeks ago when I was starting to feel low and emotional by not being able to hug, kiss, or even briefly touch my friends... I thought there must be something we could do to become closer despite having to physically distance and when a friend sent me a close up of her face, it sparked the idea for #closeupforcorona," Maxine explains.

Ideas like Maxine's remind us that we don't need to be emotionally distant from our loved ones even while we're physically apart.

"I'm asking people to donate coffee money when they post a 'close up' of something which is important and creates connections for them, whether that's a selfie, their pet, or whatever," she says.

Maxine's fundraiser has raised close to \$1,000 and has also promoted a positive discussion around the link between mental health and social connection during the pandemic. Thank you for a wonderful initiative, Maxine!



## The biggest burger for Beyond Blue



JL Lennard celebrated International Burger Day in a BIG way – building a burger 2.8m high and raising \$10,000 in support of Beyond Blue!

National Sales Manager and 'grill master,' Malcolm Stirling, explained the idea behind the burger tower. "After coming back from COVID-19 lockdown, we had staff that had struggled and we wanted to help them through a fun activity that all staff can get behind and raise as much money as we could for mental health."

The family-owned business stacked patties, cheese, tomatoes and lettuce 10cm taller for every \$100 raised, hoping they'd be able to donate \$1,000. As you can see from the height of the burger, they far surpassed their goal raising 10 times more than they anticipated!

They are already planning bigger and better things for next year... stay tuned to find out!

If you would like to host a fundraiser for Beyond Blue go to [fundraise.beyondblue.org.au](https://fundraise.beyondblue.org.au) or call us on 03 9810 6100.

# Beyond Blue simply couldn't achieve our vision without the generous support of people like you.



Together we're creating  
a mentally healthier  
Australia.

Together we are  
Beyond Blue.

## Thank you.

If you need to talk it  
through with someone,  
get in touch. We'll point  
you in the right direction.

 1300 22 4636

 [beyondblue.org.au/getsupport](https://beyondblue.org.au/getsupport)

