



Media Release

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Mental health conditions can affect anyone

Mental health issues can affect people from all walks of life, backgrounds and income levels.

Talking openly about depression, anxiety and other mental health conditions helps reduce stigma, tackles discrimination and counters outdated attitudes and behaviours, **beyondblue** CEO **Georgie Harman** said today. It also challenges stereotypes and promotes good mental health practices across workplaces and communities.

“Mental health issues can affect anyone at any time: No one is immune,” Ms Harman said.

“When anyone – including a high-profile person – is prepared to talk publicly about these matters it encourages others to have the conversation.

“Workplaces that support individuals taking time out to look after their mental health are creating environments that are not only healthier for everyone, but more productive.”

Almost one in two Australians will have a mental health issue at some stage in their life.

One in five workers is currently experiencing a mental health condition.

A 2014 report by Pricewaterhouse Coopers found that businesses will return an average of \$2.30 for every dollar they invest in effective mental health strategies.

“Leaders in all organisations face varying levels of stress. Ignored, these issues can develop into mental health conditions,” Ms Harman said.

“Prioritising and actively managing our mental health and wellbeing can prevent illness. Seeking support and treatment early is crucial to recovery.”

If someone feels they are struggling they can:

- See their GP
- Seek support through *beyondblue*'s Support Service on 1300 22 4636, online forums or web chat.

*Mental health professionals are available at the beyondblue Support Service via phone 24/7 on **1300 22 4636** or via www.beyondblue.org.au/get-support for online chat (3PM – 12AM AEST or email responses within 24 hours).*

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