

Media release



14 March 2019

Beyond Blue welcomes NHMRC backing for new research

BEYOND Blue welcomes the National Health and Medical Research Council's decision to back a research project designed to support people dealing with mental health and substance use issues.

The NHMRC this week awarded the **University of Newcastle** a \$196,973 Partnership Project grant towards research entitled *The eCLIPSE Project: implementing evidence based eHealth interventions for comorbid mental health and alcohol/other drug use problems into health and community settings*.

Beyond Blue has already committed \$150,000 over three years to that project, which will be led by **Professor Frances Kay-Lambkin**.

The project centres on an online portal, www.eclipse.org.au, which delivers trusted, evidence-based treatment advice for people managing mental health and drug use issues, and to local services working to support these people. It will be piloted in two local health districts in NSW.

"As a collaborating partner with the University of Newcastle on the eCLIPSE Project, Beyond Blue is thrilled the nation's leading body in health and medical research has recognised the immense social value of this work. We look forward to working with the university over the next three years on the project's implementation and evaluation," **Beyond Blue CEO Georgie Harman** said.

"There can be close associations between alcohol and other drug use and mental health conditions so it is vital we understand how to best support people managing these issues."

Beyond Blue has a strong record of investing in cutting-edge research under its Partnerships Grant program.

Last year, Beyond Blue committed \$150,000 over three years towards a Monash University project that aims to develop national clinical guidelines for GPs to diagnose and manage work-related mental health conditions.

Called *IMPRovE: Implementing work-related Mental health guidelines in general PRacticE*, that project is being led by Monash University Professor Danielle Mazza with support from Beyond Blue, the Department of Jobs and Small Business, State Insurance Regulatory Authority, iCare, ReturnToWork SA and WorkCover WA.

As well, Beyond Blue will contribute \$150,000 over three years towards a project that aims to understand how to achieve better services and outcomes for women through the detection and management of perinatal depression.

Austin Health's project – *Perinatal Identification, Referral and Integrated Management for Improving Depression: The PIRIMID Study* – is being led by Professor Jeannette Milgrom from the Parent-Infant Research Institute with support from Beyond Blue, PANDA and the City of Whittlesea Maternal and Child Health Service.

"Beyond Blue is proud to be collaborating with world leading researchers to deliver better mental health outcomes for Australians," Ms Harman said.

Mental health professionals are available on the Beyond Blue 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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