

FRIDAY, 30 APRIL, 2021

Hikers tackle South Australia's rugged coast in Beyond Blue's biggest community fundraiser

More than 840 hikers will trek along South Australia's stunning Fleurieu Peninsula in Beyond Blue's biggest community fundraiser – Adelaide Coastrek.

Participants will hike 30km on Friday, 30 April, 2021, in support of the Beyond Blue Support Service, which experienced record demand following the COVID-19 pandemic and Black Summer bushfires.

Beyond Blue CEO Georgie Harman thanked Coastrek organisers and participants for their support.

"Many people in Australia have experienced a really tough 12 months and it's not over. Demand for Beyond Blue's support services is at record levels," Ms Harman said.

"Thanks to the efforts of trekkers at previous Coastrek events around Australia, thousands of people have received support from the Beyond Blue Support Service when they needed it most.

"The event returns to South Australia after last year's absence due to COVID-19, so I want to thank everyone for helping the event return stronger than ever and wish you all the very best."

Wild Women On Top Coastrek founder Di Westaway OAM said: "We're super excited to bring Coastrek back to the Fleurieu Peninsula to inspire and motivate the wild women of Adelaide to walk for mental health," Ms Westaway said. "We love seeing their exhilarated smiles when they cross the finish line at Goolwa and can't wait to support them in this iconic adventure challenge."

Adelaide Coastrek hikers aim to raise \$720,000 this year for the Beyond Blue Support Service, which will fund free, immediate and confidential counselling, advice and referrals for 15,000 people via phone and online.

The service saw a 42 per cent increase in calls across Australia in 2020.

To support an individual or team, visit coastrek.com.au/trekkers

Donations can be made until Sunday, 9 May, 2021. Trekkers will set off on their 30km hike from 7am at Police Point in Victor Harbor.

ENDS

The Beyond Blue Support Service is available via phone 24/7 on 1300 22 4636 or via beyondblue.org.au/get-support for online chat (3PM – 12AM AEST or email responses within 24 hours).

The new Coronavirus Mental Wellbeing Service is available 24/7 at coronavirus.beyondblue.org.au. Its dedicated phone line, staffed by mental health professionals briefed on the pandemic response, is now open on 1800 512 348.

Contact: media@beyondblue.org.au

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