

17 September 2019

## Beyond Blue thanks Frawley family

Beyond Blue has offered its heartfelt thanks to the family of Danny Frawley.

The family has announced they will wear blue to his memorial service in Melbourne on Wednesday, acknowledging the work of mental health not-for-profits Beyond Blue, PukaUp and One in Five.

They have also encouraged donations to Beyond Blue in lieu of flowers.

“We at Beyond Blue extend our deepest condolences to Danny Frawley’s family and friends and we are indeed grateful for their support,” **Beyond Blue Chair Julia Gillard** said.

“Danny leaves an extraordinary legacy as both an AFL identity and a passionate advocate for mental health,” Ms Gillard.

“By talking openly about his depression, Danny made others feel comfortable about doing so. He reassured people that reaching out is not a sign of weakness, but a sign of strength,” Ms Gillard said.

“He actively encouraged support-seeking among men, so it’s fitting that every donation made in his memory, like all other donations to Beyond Blue, will go towards our Support Service.”

The Beyond Blue Support Service is funded entirely by donations and operates 24 hours a day, seven days a week.

Last year, people accessed the service 192,000 times for free and immediate counselling, advice and referrals via telephone, online chat and email.

Depression affects one million Australians each year. One in eight men will experience depression in their lifetime.

Statistics show that 72 percent of men with mental health issues don’t seek support when symptoms arise.

[Signs and symptoms](#) of depression include:

- Losing interest or pleasure in usual activities;
- Feeling sad or miserable most of the time;
- Withdrawing from close family and friends;
- Speaking in a way that indicate a feeling of worthlessness.

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