



# Media Statement

22 February 2021

## Beyond Blue encourages people to seek reliable information about Australia's COVID-19 vaccination program

Beyond Blue welcomes the commencement of Australia's COVID-19 vaccination program.

The vaccination of the Australian community, starting with those with the greatest health risk, will help contain the disease and advance our social and economic recovery.

Beyond Blue understands the prospect of receiving a vaccine may bring feelings of anxiety. Some people may wonder whether the vaccines are safe and effective, about when they will be vaccinated and whether there will be enough for everyone.

Facts from trusted sources can help manage any doubts, worries or fears.

Beyond Blue encourages people to seek their information about the vaccines and the roll out program from credible sources such as:

- [The Australian Department of Health's COVID-19 vaccines web page](#)
- [The National Centre for Immunisation Research and Surveillance](#)
- [The Therapeutic Goods Administration](#)
- Your GP.

It may also help to remember that public health authorities around the world are carefully monitoring how people are responding to the range of vaccines that are already in use, and that Australia has benefited from these and many other scientific insights.

Feelings of anxiety are normal in times of uncertainty. However, if your worries are persistent, intense or interfering with your daily life, you may benefit from speaking with Beyond Blue, your GP or a mental health professional.

*The **Coronavirus Mental Wellbeing Support Service** is available 24/7 at [coronavirus.beyondblue.org.au](https://coronavirus.beyondblue.org.au). Its dedicated phone line, staffed by mental health professionals briefed on the pandemic response, is available to everyone on [1800 512 348](tel:1800512348).*

*The **Beyond Blue Support Service** is available via phone 24/7 on [1300 22 4636](tel:1300224636) or via [beyondblue.org.au/get-support](https://beyondblue.org.au/get-support) for online chat (3PM – 12AM AEST or email responses within 24 hours).*

**Contact:** [media@beyondblue.org.au](mailto:media@beyondblue.org.au)

Beyond Blue  
GPO Box 1883 Melbourne VIC 3001  
Beyond Blue Support Service 1300 22 4636  
[www.beyondblue.org.au](https://www.beyondblue.org.au)