

22 July 2021

Trekkers tackle the Sunshine Coast in support of Beyond Blue

The Sunshine Coast will host the biggest ever Brisbane Coastrek event, with nearly 2,000 people hiking for mental health on Friday, 23 July, 2021.

Many participants have been training for months to prepare for their 30km or 60km trek from Currimundi to Noosa and they can't wait to hit the stunning coastal trails after 18 months of COVID-19 stress.

By taking part in Coastrek, participants challenge themselves to get out walking in nature and do something profoundly positive to maintain or improve their physical and mental health. Coastrek encourages participants to build daily habits and practices that help them maintain their physical, mental and social wellbeing.

To date, they have already raised over \$900,000 to add to the nearly \$6 million dollars raised by trekkers in Coastrek events around Australia this year, which goes toward the Beyond Blue Support Service.

Respected primary health leader **Beyond Blue Board Member Abbe Anderson** will be amongst the hikers walking for mental health with her team, [The Gay Nomads](#).

Ms Anderson said she was proud to be taking on the 30km challenge with her wife and friends.

"I joined the Board of Beyond Blue because I'm passionate about supporting the mental wellbeing of the community, and it's this same passion which will urge me along tomorrow," she said.

"Raising funds for Coastrek has been about supporting others' mental health but walking in Coastrek is about nurturing my own physical and mental wellbeing. There is nothing better than getting out in nature, being surrounded by friends and reaching a challenging goal to strengthen your body and mind."

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

"Queenslanders have come out in droves to participate in the Brisbane Coastrek. It's been heartening to see trekkers continue to train during the recent lockdown and remain so passionate throughout their preparations," Ms Harman said.

"Thanks to the efforts of trekkers, thousands of people will receive support from the Beyond Blue Support Service when they need it most.

"The service is still seeing high demand as the challenges of the past 18 months continue to impact people's lives, so I thank the trekkers and everyone who has donated for their continued support."

Wild Women On Top Coastrek Founder Di Westaway OAM said: "We're over the moon to see this event go ahead after 18 months of dashed hopes. There's never been a greater need for women to get outside and walk for mental health".

Brisbane Coastrek hikers aim to raise \$1.1 million in support of the Beyond Blue Support Service, which provides free, immediate and confidential counselling, advice and referrals via phone and online.

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

Contact: media@beyondblue.org.au

Beyond Blue
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Beyond Blue Support Service 1300 22 4636
www.beyondblue.org.au

ENDS

Beyond Blue Support Service 1300 22 4636 or beyondblue.org.au/get-support

Coronavirus Mental Wellbeing Support Service 1800 512 348 or coronavirus.beyondblue.org.au