

23 MAY 2022

## Melbourne trekkers step out in nature in support of Beyond Blue

More than 3,500 trekkers will showcase the mental health benefits of hiking in nature during the annual Melbourne Coastrek walk for mental health on Friday, 27 May, 2022, in support of the Beyond Blue Support Service.

Research shows that spending as little as 10 to 20 minutes walking in nature has significant benefits for people's mental wellbeing and can reduce stress, anger and anxiety.<sup>1</sup>

Coastrek attracts mainly women walking for mental health for all Australians. Participants have a choice of tackling [30km, 45km or 60km routes](#) along the stunning Mornington Peninsula from Greens Bush, through Cape Schanck and finishing at Point Nepean. Media personalities **Jo Stanley and Jennifer Byrne** will be walking as Coastrek Ambassadors.

Melbourne Coastrek teams are aiming to raise \$2.5 million towards the Beyond Blue Support Service, which offers 24/7 support, advice and care options for everyone in Australia. Coastrek is the largest community fundraising partner of Beyond Blue and Melbourne is the second in a series of five events around Australia throughout 2022, with a total fundraising goal of \$6 million.

**Beyond Blue CEO Georgie Harman** thanked Coastrekkers for championing mental health and raising vital funds to support people across the country.

"Getting out there and being active in nature, even for short periods of time, does wonders for our mental and physical wellbeing. Coastrek really highlights this connection while uniting a community of trekkers and encouraging everyday discussions about mental health," Ms Harman said.

"Thanks to the efforts of trekkers, the Beyond Blue Support Service can be there for thousands of people when they need it most. I thank the trekkers and everyone who has donated for their continued support."

Participants trek in teams of four and are supported with a 12-week training program, helping them build and maintain their physical, mental and social wellbeing.

**Coastrek Founder and CEO Di Westaway OAM** said: "Coastrek was created to encourage more women to fall in love with fitness and enjoy the benefits of shared outdoor challenges on physical and mental health. Training, fundraising and trekking all combine to ensure a positive community impact well beyond Coastrek event day."

Donations can be made at [www.coastrek.com.au/donate](http://www.coastrek.com.au/donate)

For information about other Coastrek events around Australia throughout 2022 including the inaugural Margaret River event in October, visit [coastrek.com.au/events](http://coastrek.com.au/events)

**MORE...**

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<sup>1</sup> Chomley F, *Nature for Health and Wellbeing: A Review of the Evidence* (2021), Royal Botanic Gardens Victoria, p. 29.

**NOTE TO EDITORS AND PIC DESKS:**

- Images of Coastrek Ambassadors **Jo Stanley** and **Jennifer Byrne** plus images of previous events are available [here](#)
- Photo opportunities are available on event day from 8am at the 30km event start line - [Parade Ground \(next to the Point Nepean Information Centre\)](#) Jacksons Rd, Point Nepean.

Beyond Blue Support Service 1300 22 4636 or [beyondblue.org.au/get-support](http://beyondblue.org.au/get-support)

**ENDS**

**For more information, contact:**

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

**OR**

Yvette Peverell - Coastrek

E: [yvette@wildwomenontop.com](mailto:yvette@wildwomenontop.com)

M: 0403 834 111