

12 July 2022

## Coastrek steps out on the Sunshine Coast in support of Beyond Blue

More than 2,300 trekkers will take part in the annual Coastrek walk for mental health on the Sunshine Coast on Friday, 15 July 2022, in support of the Beyond Blue Support Service.

Following the floods which devastated large sections of Queensland earlier in the year, many affected locals experienced common reactions of fear, sadness, guilt, anger and grief.

For most people, these feelings would have since subsided, but for some this traumatic event may have led to mental health issues such as posttraumatic stress disorder, depression, anxiety, alcohol and drug use, as well as impacting on their relationships with family, friends, and at work<sup>1</sup>.

This year's trekkers are doing their part to ensure people affected by the floods can get the support they need in the weeks, months and years to come.

Coastrekkers will be tackling either the [30km or 60km routes](#) along the stunning beaches of the Sunshine Coast from Currimundi to Noosa. Trekking in teams of four, they are aiming to raise \$1.4 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 Sunshine Coast is the third in a series of five events around Australia throughout 2022, with a total fundraising goal of \$7 million.

**Australian Olympic Swimmer Libby Trickett** will return for her **fifth** Coastrek as Ambassador and shared why she keeps coming back to Coastrek:

"When I was racing, I was a sprinter, but Coastrek has taught me about endurance and how strong my mindset can be. I think that's what keeps bringing me back to this event. On event day it teaches you so much about yourself and your friends and it's an awesome opportunity to get out, see amazing locations and get exercising and chatting and support each other."

Respected primary health leader and **Beyond Blue Board Director 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.

"It's been a great experience preparing for my second Coastrek event and while I'm raising funds to support the mental health of others, this process has also been nurturing for my own mental and physical wellbeing," Ms Anderson said.

**Beyond Blue CEO Georgie Harman** thanked Coastrekkers for walking to support the mental health of the community, especially during the difficult months following Queensland's floods.

---

<sup>1</sup> Phoenix Australia, <https://www.phoenixaustralia.org/recovery/effects-of-trauma/>, accessed 24 July 2022

“We know that Queenslanders are built tough, but even the most resilient among us can benefit from support during challenging times. Traumatic events like the floods can impact our wellbeing months or even years down the track, so it’s important to keep looking out for each other,” Ms Harman said.

“Thanks to the efforts of trekkers, the Beyond Blue Support Service can be there for Queenslanders and the broader Australian community when they need it most. I thank the trekkers and everyone who has donated for their continued support.”

Participants are supported with a 12-week training program, helping them build and maintain their physical, mental and social wellbeing well beyond event day.

**Coastrek Founder and CEO Di Westaway OAM** said: “Coastrek demonstrates how getting out in nature with friends in support of a worthy cause benefits both physical and mental health. Each year the Sunshine Coast event delivers a stunning route and a huge amount of community support for mental health awareness.”

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...**

**NOTE TO EDITORS AND PIC DESKS:**

- Images of Coastrek Ambassador **Libby Trickett** plus images of previous events are available [here](#)
- Photo opportunities are available on event day from 9am at the 30km event start line -
- <https://www.google.com.au/maps/place/Mudjimba+Surf+Life+Saving+Club/@-26.615417,153.1003777,17z/data=!4m5!3m4!1s0x6b9376ad08b0f9a5:0x2eb924c31ff7abc!8m2!3d-26.6147689!4d153.1007076>

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 11