



# Media Release

October 10, 2021

## World Mental Health Week: Beyond Blue supports Australians during transition to living with COVID

This World Mental Health Week, Beyond Blue is promoting ways we can support our mental health and wellbeing during the shift towards living with COVID.

As COVID restrictions begin easing across the country, Beyond Blue is reassuring people it may take time to regroup and adjust.

“From World Mental Health Day on Sunday and throughout next week, Beyond Blue will be sharing online resources about a range of subjects including managing social anxiety, supporting children and returning to business during the pandemic,” **Beyond Blue CEO Georgie Harman** said.

“You can find the resources at the Coronavirus Mental Wellbeing Support Service, which is available 24/7 right around Australia, at no cost to users.”

She said the CMWSS was available to everyone, no matter their circumstances, and there was no issue too big or too small for CMWSS counsellors to support people through.

“These changes will affect all of us in different ways – we’re all moving at our own pace and Beyond Blue is here to support everybody through these changes,” Ms Harman said.

**Beyond Blue Lead Clinical Adviser Dr Grant Blashki** said an individual’s experience of the transition would depend on their circumstances.

“For some people, this next phase is exciting, for others it might be stressful or worrying, for others still it might be a bit of both. There’s no right or wrong way to feel,” Dr Blashki said.

“When planning your return, take it one step at a time, give yourself a chance to adjust and accept that things may feel a little exhausting at first. Let’s try our best to support one another.”

Beyond Blue has published a range of articles on the [Coronavirus Mental Wellbeing Support Service website](#) to support people to manage their mental health and wellbeing throughout the pandemic:

- [Managing social anxiety as we adapt to COVID-normal life](#)
- [How to help children and young people adjust to the ‘new normal’](#)
- [Managing your child’s transition back to school](#)
- [Strategies for transitioning back into the workplace after coronavirus](#)
- [Back to work: how to manage reopening your business](#)

ENDS

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

**Coronavirus Mental Wellbeing Support Service** - 1800 512 348 or [coronavirus.beyondblue.org.au](https://coronavirus.beyondblue.org.au)

**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)