

Media release



13 December 2018

Beyond Blue partners with Monash University, Austin Health for mental health research

Beyond Blue will provide \$300,000 over three years for two research projects that aim to improve mental health outcomes for Australians.

Beyond Blue is partnering with Monash University and Austin Health to conduct research into mental health guidelines in general practice and the identification and management of depression for expecting and new mothers.

Both projects will be funded by the Commonwealth Government through the National Health and Medical Research Council (NHMRC) and will each receive a \$150,000 boost from Beyond Blue.

Monash University's project – IMPROVE: Implementing work-related Mental health guidelines in general PRactice – will be led by University Professor Danielle Mazza with support from Beyond Blue, the Department of Jobs and Small Business, State Insurance Regulatory Authority, iCare, ReturnToWork SA and WorkCover WA.

The project will aim to develop national clinical guidelines for GPs to diagnose and manage work-related mental health conditions.

Austin Health's project – Perinatal Identification, Referral and Integrated Management for Improving Depression: The PIRIMID Study – will be led by Professor Jeannette Milgrom with support from Beyond Blue, PANDA and the City of Whittlesea Maternal and Child Health Service.

The project will aim to understand how to achieve better services and outcomes for women through the identification and management of perinatal depression.

Beyond Blue Board Director Michael Kidd AM said both projects filled a vital research gap in two areas that traditionally had not received research funding.

"Beyond Blue is delighted to be partnering with some of Australia's leading health and medical researchers to carry out this important and impactful research," Prof Kidd said.

"This world class health and medical research will influence national mental health policy and the roll out of national mental health programs that will benefit people in Australia.

"Beyond Blue acknowledges the significant commitment and investment in this research from the Federal Government with leadership from Federal Health Minister Greg Hunt."

Mental health professionals are available on the Beyond Blue Support Service via phone 24/7 on **1300 22 4636** or via www.beyondblue.org.au/get-support for online chat (3PM – 12AM AEST) or email responses within 24 hours).

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