

## **Beyond Blue to Light Up Sydney Harbour as Official Charity Partner for 2025 New Year's Eve** *Inviting Australians to make small, daily changes that go #BeyondNYE*

Beyond Blue will take centre stage at one of the world's most iconic New Year's Eve celebrations as the Official Charity Partner for [2025 Sydney New Year's Eve](#).

This marks the first year Beyond Blue is partnering with the City of Sydney, offering a powerful platform to promote free 24/7 mental health support services and wellbeing resources as Australians welcome a new year.

**Beyond Blue CEO Georgie Harman AO** said the organisation was delighted to partner with the City of Sydney.

"This partnership allows us to talk to Australia about mental health at an important moment and encourage people to take action to look after their mental health in the coming year.

"New Year's Eve often inspires grand resolutions, but research shows these can be unrealistic and hard to sustain. In fact, small steps towards changes that matter to you can be incredibly good for your mental health and wellbeing.

"We all experience ups and downs in life, and while many of us will be able to get through them with support from friends and family, others will really benefit from some extra professional support from places like Beyond Blue's Support Service," Ms Harman said.

Through the collaboration with the City of Sydney, Beyond Blue is encouraging people to prioritise self-care and consider small, regular and meaningful actions that will benefit their mental health in ways that last beyond New Year's Eve.

"That could be committing to volunteering, catching up with a friend for coffee on a regular basis, going for a walk each morning, starting that hobby you've been keen to try, or if it's needed, booking an appointment with a mental health professional," Ms Harman said.

For **Beyond Blue lived experience speaker Emma Missen**, the new year isn't about setting lofty or rigid resolutions. Instead, the 29-year-old embraces goals that feel achievable.

"Each new year, I like to set a theme that gives me a sense of direction, and some realistic intentions which contribute to this theme," Ms Missen said.

"I haven't set my 2026 theme yet, but for 2025 my theme was love and joy. My partner and I got together in 2024, and we were moving in together and had all these plans for 2025, so the theme seemed fitting. I really wanted to lean into the good stuff. For example, one of my intentions was that we'd go on a few trips together."

Ms Missen began experiencing a decline in her mental health in Year 10, when frequent migraines and overwhelming pressure to be perfect led to chronic pain, anxiety, and eventually depression.

As her symptoms worsened, she withdrew from school and social activities, struggled with feelings of hopelessness, and later developed anorexia nervosa.

This marked the start of a two-year period where Ms Missen's life felt out of control. During this time, she faced ongoing challenges with her mental health, requiring professional help and strong support from those around her.

Recovery is ongoing and Ms Missen has learned a range of strategies that help her manage her own mental health and wellbeing and she continues to seek additional support when she needs it.

"Recovery takes time, so it's important to be persistent in your efforts and be gentle with yourself along the way. It's also so important to take it one day at a time," she said.

"My experience is that it does gradually get easier."

Every two minutes, someone contacts the Beyond Blue Support Service, by phone, webchat or email. It is a free and confidential service that offers immediate counselling, advice and referrals right around Australia, 24/7.

"According to recent data<sup>^</sup>, one in six Australians engaged with Beyond Blue in a one-year period. This demand reflects the need for free, easy-to-access support that meets Australians where they are," Ms Harman said.

"Mental health issues or experiences of situational distress are easier to manage when we get onto them early, before they snowball. While having a toolkit is great, it's also important to recognise when you need extra support, sometimes supporting ourselves is about asking for a helping hand - you don't have to be at crisis point to benefit from support.

"Feeling constantly overwhelmed or worried, prolonged feelings of being flat or stuck, withdrawing from others, or having trouble sleeping are some of the signs to look out for.

"Lighting up the iconic Sydney Harbour Bridge blue will be a powerful reminder that no matter who you are, or where you are, Beyond Blue is there for you if you need support. Together, we can build a future where people can feel better earlier, get well and stay well," Ms Harman said.

As part of the Sydney New Year's Eve event, Sydney's iconic harbour and Bridge will turn blue at 10pm to honour Beyond Blue's work and message of hope.

Beyond Blue representatives and volunteers are proud to be on the ground, running activities and providing tips on setting and sticking to a daily mental health practice in 2026.

**Lord Mayor Clover Moore AO** said, "Sydney New Year's Eve is about celebrating our incredible city and our creative and inclusive community. It is time to reflect on the year that has passed and look forward with hope to the year ahead.

"Our big summer events are great fun and a wonderful opportunity for charities doing important work to reach a large audience. While this is a time of joy for many, we understand the festive season can be difficult for some. I am happy to welcome Beyond Blue as our official charity partner of 2025 Sydney New Year's Eve."

For more information about **Sydney New Year's Eve** visit [www.sydneynewyearseve.com](http://www.sydneynewyearseve.com).

**Beyond Blue's Support Service** is available 24/7 on 1300 22 4636 and via web chat or email at [beyondblue.org.au/getsupport](http://beyondblue.org.au/getsupport).

**Beyond Blue's forums** can be accessed here [forums.beyondblue.org.au](http://forums.beyondblue.org.au)

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### **Background**

#### **Beyond Blue**

- Beyond Blue works hard to reduce the impact of anxiety and depression nationwide.
- Its mission is to help all people in Australia achieve their best possible mental health.
- The 24/7 Beyond Blue Support Service is funded entirely by donations and corporate partners, and every dollar raised helps ensure Beyond Blue can be there when people need it most.
- Every dollar, every cent can truly help turn someone's life around.

#### **^Australia's 2024 Mental Health and Wellbeing Check**

- [Australia's 2024 Mental Health and Wellbeing Check](#) was undertaken by Australian National University's Social Research Centre on behalf of Beyond Blue.
- A large proportion of the population turned to its supports and services (one in six people) for assistance with their mental health in the one-year period preceding the survey.
- Researchers surveyed more than 5000 people around the country to understand the impact of common life stressors on mental health.
- The Check was a representative survey that gives a reliable pulse check on the current state of mental health and wellbeing in Australia.