



Media Release

1 April 2026

Beyond Blue supports Australians through uncertainty and impacts of global conflict

Beyond Blue is reminding people support is available following the Prime Minister's national address about the local impacts of conflict in the Middle East.

Beyond Blue is supporting Australians who may be feeling unsettled as fuel shortages add to a growing sense of uncertainty and ongoing cost of living pressures.

Beyond Blue CEO Georgie Harman AO said Beyond Blue was encouraging people to support each other and to contact its free, 24/7 Beyond Blue Support Service whenever they needed to. Beyond Blue is also linking people to the National Debt Helpline where useful, and offering support to small businesses via its NewAccess for Small Business program (NASBO).

"For the past month, the Beyond Blue Support Service has been fielding calls from people who are worried, not just about fuel and what they're seeing on the news, but also about loved ones in war zones. Australia is a multicultural society so these conflicts might be geographically remote, but they are very much unfolding in our hearts and homes."

"This is a time of significant uncertainty, and we want people to know we're here. Although we can't control what happens in the global context, we can control how we respond, individually and together. Australians have shown time and again that when we stay connected, look out for one another and focus on what matters we can manage stress, reduce anxiety and create a sense of stability."

Beyond Blue Clinical Psychologist, Dr Luke Martin said periods of uncertainty and scarcity could have powerful effects on how people think, feel and act, especially when pressures are already high.

"When essentials like fuel feel uncertain, it can start to dominate our attention and create a sense of urgency," Dr Martin said.

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Beyond Blue Support Service 1300 22 4636
www.beyondblue.org.au



“People may notice they’re thinking more about what could go wrong, or they might start questioning others, or feel more tense. These are common responses when predictability and control feel shaky.”

Dr Martin said that while people could not control the external situation, they could control how they chose to respond.

“Simply understanding and naming what’s happening for you can help reduce anxiety: *‘It makes sense I’m feeling on edge right now’* or *‘when things feel uncertain our brain is looking for ways to regain control’*.”

Dr Martin suggests that finding small ways to regain a sense of control can make a meaningful difference, including:

- Focusing on what’s needed today or this week, rather than trying to solve what might happen months from now.
- Make simple, practical plans, like thinking through your own fuel use or basic budgeting, without over-preparing.
- Sticking to familiar routines where possible can help create a sense of normality and stability.
- Pause before acting and check in with yourself: *‘do I need this right now, or am I trying to regain control?’*
- Respond with your personal values and let your actions reflect how you want to show up for your community.

Beyond Blue’s free, confidential Support Service is available 24/7 on 1300 22 46 36, or via webchat or email at beyondblue.org.au/get-support.

Small business owners who are interested in support can visit www.beyondblue.org.au/get-support/newaccess-mental-health-coaching/small-business-owners or call **03 9250 8305**.

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Available for interviews:

- Beyond Blue CEO, Georgie Harman AO
- Beyond Blue Clinical Spokesperson and Psychologist, Dr Luke Martin

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About Beyond Blue

Beyond Blue provides mental health information, support and advice to help everyone feel better earlier and stay well. Last year more than 300,000 people contacted Beyond Blue's free, confidential, 24/7 Support Service. Call 1300 22 4636 or visit www.beyondblue.org.au/get-support.

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