

Marathon Health partners with SANE Australia to increase mental health support options

10th September 2018 – The reach and connectivity of one of Australia’s key online mental health peer support services is set to increase today with the integration of the SANE Forums into Marathon Health’s website.

Country Australians with lived experience of mental health difficulties, or caring for someone who does, can now connect and share experiences in a free, anonymous and safe online community.

Bryan Hoolahan, Marathon Health’s Executive Manager of Health Services, says the partnership between Marathon Health and SANE Australia aims to connect those with limited mental health support options into a welcoming and safe community.

“These Forums offer unique support that may not otherwise be available for people who are socially or geographically isolated. We welcome this partnership with SANE Australia to help improve mental health outcomes for our communities across NSW and the ACT.”

The Forums are monitored 24/7 by mental health professionals, allowing people to talk openly with others about their challenges and experiences, offer support and insight, and share other helpful resources.

SANE Australia Chief Executive Officer, Jack Heath, says by working together, the mental health sector can achieve better outcomes for those affected by mental illness.

“SANE has partnerships with 64 mental health organisations to help further the reach of our online forums. Each new partnership allows the Forums to connect more people affected by mental illness with others who understand what they’re going through.”

“The forums launched in 2014 and thanks to the power of technology we’ve reached more than 400,000 people, many of those in rural and regional Australia where mental health services can be fewer.”

Online mental health services are an effective way to overcome barriers of access for people with mental health concerns. The supportive nature of the SANE Forums provides many benefits including normalizing help-seeking behaviour. For those already seeking professional help, the Forums can provide an additional means of ongoing peer support and reassurance.

The SANE Forums service is supported by the Australian Government, Department of Health and can be accessed at <https://marathonhealth.saneforums.org/>

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About

Marathon Health delivers the best coordinated healthcare in country Australia. For more information about Marathon Health and its services please visit www.marathonhealth.com.au

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