
MEDIA RELEASE
21 December 2020

JOHN BROGDEN, CHAIRMAN LIFELINE AUSTRALIA AND NORTHERN BEACHES RESIDENT REMINDS AUSTRALIANS LIFELINE IS HERE FOR YOU THROUGHOUT THE HOLIDAY SEASON

MEDIA CONFERENCE	
Date:	21 December 2020
Time:	12:30pm
Venue:	Corner Martin Place and Philip Street
Who:	John Brogden, Chairman, Lifeline Australia will remind Australians not to suffer alone, Lifeline is here for them 24/7 throughout the holiday season, and beyond.

Today, Northern Beaches resident and Chairman of Lifeline Australia, John Brogden will hold a media conference to ensure Australians are aware that throughout the lockdown, border closures and holiday season, Lifeline services will remain available to provide support 24/7.

“Traditionally, the holiday period is one of our busiest times, it’s a very difficult time for many as the added pressure to be joyful and celebratory can exacerbate feelings of stress, anxiety and loneliness. Now with the border closures and increased threat of COVID-19, we are expecting this Christmas and New Year period will be tougher than ever.” Said Mr Brogden.

“It is really important that people are aware that they do not have to suffer alone this holiday season. Please, if you feel you need support, reach out to someone you know or call Lifeline. Our Crisis Supporters will continue to be available on the phone 24 hours a day, 7 days a week on 13 11 14. It is really important that no one feels they have to face this season alone.” He continued.

As Lifeline prepares for its busiest time of year, with contacts predicted to increase by as much as 40% on last year’s festive season, with over 3,500 contacts expected on Christmas Day alone, Australians are being encouraged to take time out these holidays to consider whether they know someone who might need additional support and make an effort to connect with them.

“In the spirit of giving and spreading good cheer this Christmas, Lifeline urges everyone to think about a gesture of kindness that they can do towards someone, especially someone who may have had a tough year or who has had their much anticipated plans dashed by border closures. One act of kindness can change someone’s entire day,” said Mr Brogden.

“If you find you are feeling overwhelmed, please know that you are not alone. Lifeline is here for you right through the holiday period, 24 hours a day. Please call 13 11 14 if you need support.” Mr Brogden urged.

To arrange an interview, please contact: media@lifeline.org.au or phone: 0408 407 376