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ABC counts down.... to 'Crack Up'!

Mental As... 4 – 11 October 2015

As the **ABC** prepares for the launch of its **Mental As...** initiative on Sunday, we're delighted to release details for **Saturday Night Crack Up**, one of our main opportunities to raise funds for research into mental health.

Hosted by Eddie Perfect, the show is guaranteed to be a jam-packed two hours of variety featuring music, dance and a whole lot of fun. Tune in to ABC from 7.30pm on Saturday 10th October, coinciding with World Mental Health Day – also streamed live on **ABC iview**.

House band The Bamboos, led by Musical Director John Foreman, will be live in the studio and Ed Kavalee returns as show announcer to keep us up to date with money raised throughout the night. HG Nelson (Greig Pickhaver) joins us this year as host of the **Crack Up** 'Grab for Cash', where Michala Banas and Toby Truslove will lead a host of other famous faces through some fun games while raising money for the cause.

Julia Morris has agreed to head out on the road – appropriately in a Morris – with the mission of finding out what some of our best known faces do to stay happy. Appearing alongside Julia are Father Bob, Nazeem Hussain, Richard Reid, Kate Ceberano, Josh Thomas, Anthony Callea, Dipper, Derryn Hinch, Rob Mills, Fifi Box and Kerri-Ann Kennerly.

And comedian Dave Callan will attempt to do something pretty amazing – dance for 24 hours, hopefully completing this mission during the show. Throughout the live broadcast we'll be crossing live to Rove who will be by Dave's side in the lead up to the last hour of his dance-a-thon. Will he make it to the 24 hour mark?

Host Eddie Perfect says: "I was so proud of what we achieved on the **Crack Up** last year; the money raised, the fun had, the careers intact, the absence of litigation or angry, pitch-fork-wielding mobs... But most of all the courageous work by all to start a grown-up conversation about mental health with intelligence, respect and humour. Why not do it again and take it further?"

We can also reveal a NOT depressing episode of **Q&A** will screen on Monday 5 October at 9.35pm on ABC. Depression is one of the most common mental illnesses in Australia today yet it's widely misunderstood. Being depressed isn't just feeling sad – it's a serious medical illness. This year **Mental As... Q&A** will be shining a light on depression with a panel of experts lifting our spirits as they answer your questions.

All this, along with other **ABC TV** highlights including the second series of the acclaimed **Changing Minds: The Inside Story**, and a special **Australian Story** with Garry McDonald.

ABC News will provide comprehensive coverage across the week on all platforms, including a special report on **7pm News Sunday** from **ABC News'** Social Affairs Correspondent Norman Hermant, who investigates mental health treatment for those who live on the margins of society.

Throughout the week on **ABC** and **News 24**, **News Breakfast** and **The Drum** will feature mental health experts to discuss the related issues, and **Australia Wide** will have a dedicated program with stories from around the country, including one local footballer's campaign to help indigenous youths at risk of suicide in Western Australia.

ABC News Digital will also present a collection of online features, including looking at Australia's drinking culture and how that affects our mental health; as well as living with obsessive compulsive disorder.

Behind the News has surveyed more than 20,000 Australian school students about when they're at their happiest, and when they're not. The **ABC** will release the findings during Mental Health Week.

ABC Radio networks and stations nationally have developed relevant material to play across the week and will feature an astonishing range of OBs, workshops, interviews, comedy debates and features. Highlights include:

774 ABC Melbourne, Tuesday 6 October – The Great Debate: “Our obsession with sport is **Mental As...**” The event will be held in the BMW Edge (Federation Square) to a live audience. All **774 ABC Melbourne** presenters will be involved.

891 ABC Adelaide, Saturday 10 October – The annual **891 ABC Adelaide** Gardeners Market is on, with proceeds going to the Repat Foundation PTSD research project.

720 ABC Perth, Friday 9 October – from 5pm-6pm, the Drive program will host a one hour **Mental As...** special including live music, comedy and interviews, all focusing on improving Perth's mental health.

666 ABC Canberra, Friday 9 October – The **666** Drive team will host a live **Mental As...** Happy Hour from 5pm-6pm from the National Film and Sound Archive. The free public event and radio OB will include comedy, music, the week's news and audience interaction as a platform for exploring and acknowledging mental health issues. Special guest – Chris Taylor from The Chaser.

612 ABC Brisbane, Tuesday 6 October – Join **612's Mental As...** Ambassador Kelly Higgins-Devine from 1pm for an in-depth discussion on hospitalisation and what happens after admission. A panel of clinicians and practitioners explain the process of treatment and ongoing care for those experiencing acute mental illness.

702 ABC Sydney, each day during Mental Health Week – from Monday 5 to Friday 9 October, **702's** Breakfast presenter Robbie Buck will focus on personal mental health stories.

936 ABC Hobart, join Melanie Tait and Helen Shield's story-telling event 'Now Hear This: Mental Monologues' on Tuesday 6 October at the Moonah Art Centre.

Meanwhile, the [Mental Note initiative](#) is in full swing, asking audiences to share their stories and remind us what makes a real difference.

A **Mental As...** [iView collection](#) has been curated, and a digital radio station will run throughout the week – dedicated to the best **Mental As...** material from radio networks nationally. Listen via **digital radio**, the **ABC Radio app**, or at abc.net.au/radio.

Mental As... is the ABC's week-long initiative in support of Mental Health Week which aims to encourage Australians to start talking about mental illness and to give to mental health research. Visit abc.net.au/mentalias or SMS “MentalAs” to 0455 021 021 to show your support and make a contribution.

For the full **Mental As...** content guide click [here](#).

For the **media kit**, with previously announced programming highlights, click [here](#).

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