



Mental As Week
Sun October 04
to Sat October 10
2015

Week 41 Highlights



Saturday Night Crack Up

Mental As Special Saturday 10 October at 7.30PM



Changing Minds: The Inside Story

Mental As Special Tuesday, Wednesday, Thursday



Ready For This

Series Premiere Monday 05 October at 6.20PM



The Graceland Happiness Project

Mental As Special Thursday 08 October at 9.30PM

Mental As...

To coincide with 2015 World Mental Health Day on October 10, the ABC will again focus a week of programming across TV, radio and online on mental illness, health and wellbeing; leading discussion, debate and community awareness on an issue that affects all Australians.



In 2014, **Mental As...** was the biggest cross-platform marketing and programming event the ABC has ever held. Attracting a TV audience of 5.9 million Australians over the week, with all radio, news and online platforms enjoying high levels of audience engagement, **Mental As...** raised \$1.5 million for mental health research. Thirteen fellowships were awarded to early career researchers, via the Society for Mental Health Research.

This year's programming highlights include **Saturday Night Crack Up**, a huge night of family entertainment and fundraising once again hosted by Eddie Perfect, and the return of acclaimed documentary series **Changing Minds: The Inside Story**, this time emphasising the plight of younger patients. Special episodes of **Q&A**, **Gardening Australia**, **Catalyst** and **Artsville** will also air on ABC, with **The Graceland Happiness Project** on ABC2 and dedicated programming across ABC3 and iview. Download the full media kit [here](#).

Managing Director Mark Scott said there was strong support in the mental health sector for the return of Mental As... "Last year's Mental As... was well received by our audience and the mental health sector and we are very confident of making it a success again, with a strong focus on generating even more conversations," he said.

"It was a great role for the ABC to lead that much needed national conversation and we are looking forward to hosting it this year."

abc.net.au/mentaldas

#mentaldas

Contact

Rachel Fergus on 02 8333 5085 or fergus.rachel@abc.net.au



Saturday Night Crack Up

Mental As... Live Event

Last year's Crack Up was a massive success. Host Eddie Perfect was at the helm, orchestrating a huge night of entertainment. Featuring personalities from across the TV networks, musical numbers by Eddie himself, Missy Higgins, Tripod, Tim Minchin and Home and Away stars among many others and hilarious sketches by top comedians including Frontline's Mike Moore (aka Rob Sitch), Shaun Micallef and Clarke and Dawe was just the start.



What other show would feature Hamish Blake in a toucan outfit, Luke McGregor being hugged by Red Foo from X-Factor and Michala Banas and Shane Jacobson talking about depression before throwing pies in each other's faces?

All of this was just in the first year of the show. This year we are planning more... so much more!

Once again filmed live in front of a studio audience, Eddie Perfect will return to host proceedings. Also guaranteed: loads of Australia's biggest stars, catchy tunes, side-splitting comedy and plenty of fun for all the family!

Saturday Night Crack Up will form part of **Mental As...** the ABC's week long initiative to continue a nationwide conversation about mental health while encouraging viewers to donate to mental health research. Last year's show was instrumental in helping to raise \$1.5 million for the Society for Mental Health Research. So tune in, enjoy and please give generously. Visit abc.net.au/mentalias or SMS "MentalAs" to 0455 021 021 to show your support and make a contribution. #mentalias

Production details:

An ABC TV production; Deputy Head Entertainment Sophia Zachariou. Executive Producer Tarni James. Series Producer Rachel Miller. Creative Director Anthony Watt.

Short synopsis

A huge night of entertainment with Eddie Perfect at the helm, featuring TV personalities, musical numbers by the likes of Missy Higgins, and hilarious sketches by comedians including Frontline's Mike Moore and Shaun Micallef.

Contact

Kristine Way on 02 8333 3844 or 0419 969 282 or way.kris@abc.net.au

Will also be available on 

Not available for preview.
For more information and images visit the [media portal](#).

★**Top Pick.**

Monday 05 October, 6:20pm

or later on iview



Ready For This

Series Premiere - double episode

From the multi-award winning producers of *Dance Academy* and *Redfern Now*, comes **READY FOR THIS**, the 13-part story of six teenagers, all elite within their own field, who have come to live at Arcadia House to pursue their dreams. For some it's the opportunity of a lifetime, for others it's a last chance. All are strangers, some a long way from home, and the last thing they expect to find is family.



When the six teenagers move into Arcadia House, a hostel in Sydney, each of them has a different agenda and different dreams. Far from home, they must find a path through the new challenges and adventures that the big city offers while dealing with all the trials of growing up.

Zoe (Madeleine Madden) moves to Sydney to attend a sports high school in the hope of fulfilling her long-held Olympic dreams. A rising talent in the ALF world, Levi (Aaron McGrath) reunites with his estranged father and deals with his tumultuous relationship with Zoe. Away from parental pressures, Arcadia House is an avenue for Dylan (Liam Talty) to pursue his passion for electronic music and graffiti art.

Coming from a religious and conservative family, Ava (Majeda Beatty) must gain the confidence to accept who she truly is, as well as overcome her fear of singing in public. After her mother passes away, Lily (Leonie Whyman) got caught up with the wrong crowd. Her father moves her to Arcadia House in the hope that new friendships and her passion for school debating will allow her to finally overcome her grief. And Lily's one friend at school, Reece (Christian Byers), has a secret. An invitation to come and stay at Arcadia House is the solution he desperately needs. Also in the mix are Vee (Christine Anu) and Mick (Lasarus Ratuere), the 'caretakers' of this mob.

Short synopsis

Six teens arrive at Arcadia House to pursue their dreams. For some it's the opportunity of a lifetime, for others it's a last chance. All are strangers and the last thing they expect to find is family. CAST: Aaron McGrath

Production details

A Blackfella Films and Werner Films Production in association with Screen Australia, Screen NSW and Australian Children's Television Foundation (ACTF) for ABC TV.

Contact

Amy Reiha on (02) 8333 3874 / 0404 026 039 or reiha.amy@abc.net.au

Will also be available on The logo for ABC iview, featuring the letters 'ABC' in white on a blue background, with the word 'iview' in white on a black background.

For previews, more information and images visit the [media portal](#).

★**Top Pick**

Over 3 nights Tues 6 Oct 8:30pm, Wed 7 Oct 9.35pm, Thurs 8 Oct 8.35pm
or later on iview



Changing Minds: The Inside Story

Mental As... Special

Screens over three nights – Tues 6 Oct 8.30pm, Wed 7 Oct 9.35pm, Thurs 8 Oct 8.35pm

Following on from the critical acclaim of series one, *Changing Minds: The Inside Story* journeys with mentally ill patients on their road to recovery, from breaking point to breakthrough.



This second series emphasises the plight of younger patients, aged 18 and over, who are most at risk of developing mental illness. Raw and emotional, profound and at times funny, the three-part series is an intimate observation of daily life in the locked mental health units of Sydney's Campbelltown Hospital and in the homes of patients cared for by community mental health teams.

The series follows ten characters whose mental illnesses do not discriminate in age or social standing. They include Nicholas (aged 18), a bullied schoolboy who relieves his anxiety by self-harming; Daniel (20) whose cannabis addiction is masking psychotic symptoms; Taileah (20), a recently graduated nurse whose stress manifests in distressing auditory hallucinations; Nathan (24) whose schizophrenia allows him to chat with Hitler and Muhammad Ali; Joel (18), a rebellious teenager struggling with a tragic past; Fabrice (36), a barrister's son with persecutory delusions about demons and devils; and David (47) who believes he's Elvis Presley.

The patients agreed to be filmed while unwell, and formally consented again when recovered, with the discretion and agreement of their psychiatrists.

By following the treating teams in Campbelltown Hospital's Mental Health Unit – including Dr Mark Cross and Clinical Nurse Consultant Steve Barnes – taboos are challenged and stigmas attacked. It's sometimes uncomfortable viewing, but the message is clear – help is available, mental illness is treatable. How will your mind change?

Changing Minds: The Inside Story Series 2 screens during **Mental As...** 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/mentaldas or SMS "MentalAs" to 0455 021 021 to show your support and make a contribution.

#mentaldas

Short synopsis

Ep 1

In the Mental Health Unit of Campbelltown Hospital Taileah is hearing voices that tell her to harm people; Joel reveals a tragic past; Daniel wants to detox from cannabis & Fabrice battles with demons. #mentaldas

Ep 2

After absconding from hospital, Michelle returns to the Emergency Dep. Joel smuggles contraband onto the ward; Daniel reveals a deep secret; Lynda hits rock bottom & new patient David believes he's Elvis Presley. #mentaldas

Ep 3

Jason has an unshakable belief that his bones are broken; schoolboy Nicholas battles with the bullies; Nathan comes clean about his drug-use; Lynda finds a friend in Jessica & offers David some sage advice. #mentaldas

Production details

3 x 60 minutes. Northern Pictures in association with the ABC. Executive Producer Karina Holden. Series Producer Jenni Wilks. Series Director Cian O'Clery. ABC Commissioning Editor Matt Scully. Narrator Susie Porter. Principal investor Screen Australia.

Contact

Rachel Fergus on 02 8333 5085, 0416 263 194 or fergus.rachel@abc.net.au

Will also be available on 

For previews, more information and images visit the [media portal](#).

★Top Pick

Thursday 08 October, 9:30pm

or later on iview



The Graceland Happiness Project

Mental As... Special

When Tim Dormer won Big Brother, he promised to take his fellow contestant and friend Ben Zabel to the home of his childhood idol – Elvis Presley’s Graceland. When Ben’s ongoing struggle with depression was made public after an attempted suicide, what began as a holiday turned into a rescue mission to help Ben find a new lease on life. Will this trip turn Ben’s life around? Is finding happiness that simple?



Genuinely hilarious and heart-warming, together they explore the complexity of not only having depression but also being the friend of someone who is suffering from mental illness.

The Graceland Happiness Project screens during **Mental As...** 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/mentaldas or SMS “MentalAs” to 0455 021 021 to show your support and make a contribution.

#TheGracelandHappinessProject

Short Synopsis

When Tim Dormer won Big Brother, he promised to take fellow contestant Ben to Elvis’ Graceland. When Ben’s ongoing struggle with depression was made public after an attempted suicide, what began as a holiday turned into a rescue mission to help Ben find a new lease on life. #mentaldas

Production details

Executive Producer: Laura Waters, Co-Producers: Nick McNerney and Tim Dormer, Associate Producer: Hammy Goodman, Director: Nick McNerney.

THE GRACELAND HAPPINESS PROJECT is a Princess Pictures Production.

Contact

Bridget Stenhouse on (02) 8333 3847 or stenhouse.bridget@abc.net.au

Will also be available on The ABC iview logo, with 'ABC' in a small box above 'iview'.

Not available for preview.
For more information and images visit the [media portal](#).



Compass: For Better For Worse: Rough Patches

Jane Caro is opening closet doors and diving under the sheets to discover the secrets of a long-lasting relationship.

In this special five-part Compass series, guest presenter Jane Caro explores the secret to successful long-term relationships. In **For Better For Worse**, five couples lay bare their joys, challenges and heartaches; what makes a relationship work, what keeps people together, and what have they learned along the way?

From tender beginnings these partnerships have withstood the test of time. Interviewed by Jane Caro, each couple shares the nitty-gritty of their relationship: how they met, their first impressions, dealing with the in-laws, navigating the tough times of illness and infidelity, and the chaos of having children, right through to the unglamorous division of domestic labour. Jane asks the big life questions: can sex survive longevity, and how will they cope when their partner dies first?

This week we take a look at the time after the honeymoon period when sooner or later every relationship hits a rough patch. Sickness, infidelity, addiction, children; it's the stuff that can make or break any relationship. Our couples reveal what characteristics they had to draw upon to get them through.

Jane Caro is an ambassador of **Mental As...** 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/mentaldas or SMS "MentalAs" to 0455 021 021 to show your support and make a contribution.

#mentaldas

Short synopsis

Jane Caro is discovering the secrets of a long-lasting relationship. This week we take a look at the time after the honeymoon period when sooner or later every relationship hits a rough patch.

Production details

For Better or Worse is an ABC TV/Compass production. Presenter: Jane Caro, Producer: Kim Akhurst, Series Producer: Jessica Douglas-Henry, Commissioning Editor: Andrea Ulbrick

Contact

Bridget Stenhouse on 02 8333 3847 / 0466 541 642 or stenhouse.bridget@abc.net.au

Will also be available on The ABC iview logo, featuring the ABC logo and the word 'iview' in a blue box.

For previews, more information and images visit the [media portal](#).



I Took My Baby's Life

Mental As... Special

Every ten days in England and Wales a child dies at the hands of their parents. Such acts are so unspeakable that we prefer to ignore them and rarely explore their causes, or consequences. But how could a mother kill the person she loves most in the world?

This film tells the story of Melanie Ruddell, who killed her two-year-old son Christy in August 2010, after suffering from a psychotic breakdown.

All who knew her before her psychosis agree that she was an utterly devoted and caring mother. This film gathers detailed accounts from Melanie's family and closest friends who talk in detail about the events and circumstances building up to Christy's death, what they believe led to Melanie committing such a seemingly unthinkable act and the lessons that can be learnt from the tragedy.

I Took My Baby's Life screens during **Mental As...** 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.

#mentalias

Short synopsis

In 2010 UK mum, Melanie, killed her two-year-old son Christy after suffering from a psychotic breakdown. What led Melanie to commit such an unthinkable act and what can be learnt from this tragedy?

Production details

Produced and directed by Henry Singer. A Minnow Films production for ITV.

Contact

Bridget Stenhouse on (02) 8333 3847 or stenhouse.bridget@abc.net.au

Will also be available on 

For previews, more information and images visit the [media portal](#).



Humpty's Big Adventure

New Series

Determined not to fall off the wall again, Play School's Humpty Dumpty sets out on a thrilling adventure to discover different ways we can balance and move our bodies. Humpty joins Play School presenters and inspiring young children from a range of disciplines encompassing the arts, sporting and recreational arenas. **Humpty's Big Adventure** is action packed and full of ideas to get kids up and moving in a non-competitive arena!

Short synopsis

Humpty and his Play School friend Alex play soccer, where they kick and score goals with their team.

Production details

An ABC Children's Television production.

Contact

Tracey Taylor on 03 9524 2313 / 0419 528 213 / taylor.tracey@abc.net.au

Will also be available on 

**Not available for preview.
For more information and images visit the [media portal](#).**

**Catalyst*****Mental As... Special***

This special episode investigates new research analysing facial expressions, voice, and body posture that may be the key to diagnosing depression. And scientists in Switzerland have shown ghost sightings may be illusions of the mind caused by illness, exertion or stress; the findings could help researchers understand the root cause of psychiatric conditions like schizophrenia. Plus, a range of non-invasive brain stimulations therapies that may help to treat depression and even improve our brain function.

This episode of **Catalyst** screens during **Mental As...** 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.

#mentalias

#ABCCatalyst

Short synopsis

This special episode investigates new research analysing facial expressions, voice and body posture that may be the key to diagnosing depression.

Production details

Series Producer: Ingrid Arnott

Contact

Kim Bassett on 03 9524 2580/0409 600 456 or bassett.kim@abc.net.au

Will also be available on The ABC iview logo, featuring the letters 'ABC' above the word 'iview' in a blue box.

For previews, more information and images visit the [media portal](#).



Broadmoor

Mental As... Special

Broadmoor, the most famous high secure hospital in the world, has allowed unprecedented access to television cameras for this new two-part documentary.

For the first time in its 150 year history, viewers will see the innermost parts of this iconic institution. The hospital in Berkshire, often mistaken for a prison, helps treat severely mentally disordered patients many of whom are violent offenders. It's best known for its high profile patients such as Charles Salvador, Ronnie Kray, Peter Sutcliffe and Kenneth Erskine.

Filmed over the course of a year, with extensive access to the hospital, the programmes paint a picture of life inside Broadmoor for both staff and patients. It's the first time that patients have been allowed to tell their stories themselves and cameras follow patients while they meet psychiatrists, open up about their violent backgrounds, visit the hospital shop and participate in workshops.

The result is an unparalleled insight into what really goes on behind those infamous red brick walls; how violent patients are treated, what they do each day and who the men and women are, who work with the country's most dangerous men. It took five years to negotiate this level of access.

Broadmoor screens during **Mental As...** 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.

#mentalias

Short synopsis

Broadmoor, the most famous high secure hospital in the world, allows unprecedented access for the first time in its 150 year history, revealing the innermost parts of this iconic institution. #mentalias

Production details

An ITV Production. Executive Producer Jonathan Levi. Produced and Directed by Olivia Lichtenstein.

Contact

Tracey Taylor on 03 9524 2313 / 0419 528 213 / taylor.tracey@abc.net.au

Will also be available on The logo for ABC iview, with 'ABC' in a small box above 'iview'.

For previews, more information and images visit the [media portal](#).



How Not To Behave: Technology

Tonight on **How Not To Behave**, Gretel Killeen and Matt Okine serve up some advice for devices at the dinner table, download the latest rules for photos and teach us how to politely commandeer someone's WIFI.

Plus comedian Tom Ballard tells us how technology has both enhanced and ruined his existence and Zoe Coombs Marr tries out a technology free zone in a hidden camera social experiment, and.

EPG:

#HowNotToBehave

Short synopsis

Gretel Killeen & Matt Okine look at the dos & don'ts of devices at the dinner table & teach us how to politely commandeer someone's WIFI. Plus, comedian Tom Ballard joins the hosts to talk about the pros & cons of technology.

Production details

Produced by Screentime, a Banijay Group company, for ABC TV.

Contact

Amy Reiha on (02) 8333 3874 / 0404 026 039 or reiha.amy@abc.net.au

Will also be available on The ABC iview logo, featuring the ABC logo and the word 'iview' in a blue box.

Not available for preview.
For more information and images visit the [media portal](#).



Utopia

Final

Tony's (Rob Sitch) attempt at a holiday is derailed by the arrival of a new minister, a wifi upgrade and Rhonda (Kitty Flanagan). In that order.

Meanwhile, plans for an infrastructure conference become complicated when Karsten (Toby Truslove) gets involved.

And it's nearly Christmas...

Stars Rob Sitch, Celia Pacquola, Kitty Flanagan, Anthony Lehmann, Luke McGregor, Dave Lawson, Michelle Lim Davidson, Emma-Louise Wilson, Toby Truslove.

#UtopiaABC

Short synopsis

Tony's attempt at a holiday is derailed by the arrival of a new minister, a wifi upgrade and Rhonda. Plans for an infrastructure conference become complicated when Karsten gets involved. CAST: Rob Sitch, Kitty Flanagan.

Production details

Written and produced by Santo Cilauro, Tom Gleisner and Rob Sitch. Executive Producer: Michael Hirsh; Original casting by Jane Kennedy; Directed by Rob Sitch; ABC Commissioning Editors: Rick Kalowski and Brett Sleigh; A Working Dog Production in association with ABC TV.

Contact

Kim Bassett on 03 9524 2580/0409 600 456 or bassett.kim@abc.net.au

Will also be available on The ABC iview logo, featuring the ABC logo and the word 'iview' in a blue box.

For previews, more information and images visit the [media portal](#).



The Honourable Woman

Final

After witnessing the assassination of her father by the armed wing of the Palestinian Liberation Organisation as a young girl, Anglo-Israeli Nessa Stein (Maggie Gyllenhaal) Nessa, and her brother Ephra (Andrew Buchan) are using their Foundation to be at the forefront of the Middle East peace process. But she finds herself is up against powerful forces both at home and abroad.

In this episode, in the aftermath of Nessa's apparent murder, the American government blames Israel for the assassination, and in response, offers Palestine the opportunity for state recognition at the UN, stunning the wider international community.

MI6 operative Hayden-Hoyle (Stephen Rea) realises that Nessa (Maggie Gyllenhaal) has been manipulated to become a martyr for exactly this purpose by both Monica Chatwin (Eve Best), working for the Americans, and Jalal El-Amin (Raad Rawi), working for the same Palestinian cell as Atika (Lubda Abnal), and Al-Zahid (Philip Arditti). He also discovers that Samir Meshal had been murdered by the Americans to stop this coming to light.

However, despite being feared dead, Nessa re-emerges as a captive in Hebron, from where she tries to find Kasim and bring him home. Now under threat for her life by the CIA (aided by Monica Chatwin), even with Hayden-Hoyle's assistance, will she be able to escape from Palestine with Kasim?

Short synopsis

Hayden-Hoyle realises that Nessa has been manipulated and seemingly murdered by the Americans and the Palestinians. It seems that Samir Meshal had been murdered to stop him talking. CAST: Maggie Gyllenhaal, Stephen Rea.

Production details

Written and directed by Bafta winner Hugo Blick (The Shadow Line), Producers: Hugo Blick, Abi Bach (Small Island, Bullet Boy) Executive Producers: Greg Brenman, (Peaky Blinders, Ripper Street) Polly Hill; a Drama Republic and Eight Rooks production for BBC and Sundance TV.

Contact

Kristine Way on 02 8333 3844 or 0419 969 282 or way.kris@abc.net.au

Will also be available on The ABC iview logo, featuring the word 'iview' in a blue box with 'ABC' in a smaller box above it.

For previews, more information and images visit the [media portal](#).



Agatha Christie's Partners in Crime

Series Premiere

EPISODE 1– THE SECRET ADVERSARY

It's 1952, and married couple, Tommy (David Walliams) and Tuppence (Jessica Raine), have a chance encounter on a Paris train with a young woman, Jane Finn (Camilla Marie Beepu), who appears agitated, and then suddenly disappears and never returns to her seat.

Weeks later, back in the UK, while Tommy is focussed on their fledgling honey business, Tuppence is still concerned about the missing girl and her investigations bring them into contact with Tommy's uncle, the new head of MI5, Major Anthony Carter (James Fleet).

It appears Jane Finn was carrying a secret recording that will reveal the identity of a legendary Soviet assassin, known only as Mr Brown, who they believe will strike soon in Britain. Carter believes Brown's cronies must have kidnapped Jane, and they can only hope she managed to hide the recording before they got to her.

Despite Carter's repeated attempts to keep them out of it, over the course of three episodes Tommy and Tuppence find themselves facing mortal danger to infiltrate Brown's gang, rescue Jane and unmask Mr Brown in time to prevent him making a hit that could jeopardise Britain's precarious relationship with America.

Short synopsis

When a very agitated young woman suddenly disappears and never returns to her seat on a Paris train, married couple Tommy and Tuppence decide to investigate. CAST: David Walliams, Jessica Raine, James Fleet.

Production details

Produced by Endor Productions and Agatha Christie Productions Ltd for BBC One; Writer: Zinnie Harris; Director: Edward Hall, Producer: Georgina Lowe.

Contact

Kris Way on 02 8333 3844 or 0419 969 282 or way.kris@abc.net.au

Will also be available on The ABC iview logo, featuring the letters 'ABC' in a small box above the word 'iview'.

For previews, more information and images visit the [media portal](#).

Watch Out For
Tuesday 06 October, 9:30pm

or later on iview



Artsville: Cast From The Storm

Mental As... Special

Directed by David Mason Produced by James Cogwell
Co-production with Missing Archive Productions

Cast from the Storm is a timely and emotionally powerful documentary that examines how some of the most fragile members of our society - refugee children - can learn to face highly traumatic pasts by harnessing the power of drama.

Forced into exile, hundreds of teenagers from war-torn countries start new lives in Sydney each year. In one Western Sydney high school, two inspiring women, Ruth Hartcher-O'Brien and Catherine Maguire-Donvito, run a ground-breaking drama program called 'Treehouse Theatre'. Using the power of theatre, they help young refugees overcome past traumas to rebuild their damaged lives.

The film follows the remarkable process of transformation amongst one group of teenagers, cast adrift from families, homes and cultures in war-torn countries, from the early days of the program to their moving final performances on stage.

Directed by David Mason. Produced by James Cogwell. Co-production with Missing Archive Productions.

Artsville: Cast From The Storm screens during **Mental As...** 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.

#mentalias

Short synopsis

A timely and emotionally powerful documentary that examines how some of the most fragile members of our society - refugee children - can learn to face highly traumatic pasts by harnessing the power of drama.

Will also be available on The ABC iview logo, featuring the letters 'ABC' in a small box above the word 'iview'.

Watch Out For
Saturday 10 October, 6:30pm

or later on iview



Gardening Australia

Mental As... Special

Join Gardening Australia as Mental As...gets dirty!

Gardening can be so good for you and for Mental As... Costa and the team are going to prove it. He'll hit the rush hours streets and give desk bound, stressed out city slickers pots of mental health to brighten up their day and their office. We look at the healthy benefits of greening our neglected urban spaces and Sophie will show how immersing your kids in the garden can build confidence and connection. Whether you have a big backyard or a tiny balcony, *Gardening Australia* has all the tools you need to cultivate physical and mental health. So dig in and join the team as they celebrate the power of plants.

This episode of **Gardening Australia** screens during **Mental As...** 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.

#mentalias

Short synopsis

Costa hits the rush hour streets and gives desk bound, stressed out city slickers pots of mental health to brighten up their day and their office. We look at the healthy benefits of greening our neglected urban spaces.

Will also be available on iView

Marketing Contacts

Sydney

Chris Chamberlin	(02) 8333 2154 / 0404 075 749 chamberlin.chris@abc.net.au	ABC News, ABC News 24, 7.30, Q&A, Foreign Correspondent, Media Watch, Lateline, Insiders, The Drum, Australian Story
Rachel Fergus	(02) 8333 5085 / 0416 263 194 fergus.rachel@abc.net.au	Four Corners, The Chaser's Media Circus, No Excuses! With Sarah Ferguson, Mental As
Amy Reiha	(02) 8333 3874 / 0404 026 039 reiha.amy@abc.net.au	Nowhere Boys, Ready For This, How Not To Behave
Bridget Stenhouse	(02) 8333 3847 / 0419 846 333 stenhouse.bridget@abc.net.au	The Graceland Happiness Project, ABC2, Compass: For Better For Worse, Restoration Australia, Cleverman, Opening Shot,
Kris Way	(02) 8333 3844 / 0419 969 282 way.kris@abc.net.au	The Code, Gruen, Rake, Janet King, Saturday Night Crack Up

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Yasmin Kentera	(03) 9524 2629/ 0418 813 071 kentera.yasmin@abc.net.au	The Doctor Blake Mysteries, Sammy J and Randy, iview, The Beautiful Lie
Tracey Taylor	(03) 9524 2313 / 0419 528 213 taylor.tracey@abc.net.au	The Weekly With Charlie Pickering, Humans, The EX PM, Little Lunch, Studio 3

Publicity Lead

Dylan Brookes	(02) 8333 3852 / 0412 467 313 brookes.dylan@abc.net.au
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Programming Enquiries:

Tania Caggegi (ABC & ABC News 24) (02) 8333 4633	Anna Bruter (ABC3 & ABC2) (02) 8333 3843
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Media Portal

Mary Fraser	(02) 8333 3848
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Find publicity images and press kits for highlighted and ongoing programs at abc.net.au/tvpublicity