

Friday 6 October 2017

## OSHER GÜNSBERG HOSTS ABC PODCAST TO MARK WORLD MENTAL HEALTH DAY

The ABC will release a third season of the popular live storytelling podcast, *Tall Tales & True*, a season presented by **Osher Günsberg** to mark World Mental Health Day on Tuesday 10 October.

*Tall Tales & True* season three is a curation of stories from people living with mental health challenges, including a story from Günsberg himself.

“I was so excited to be asked to present this season of *Tall Tales & True*,” Günsberg said.

“I’m very passionate about mental health awareness and as a board member of SANE Australia, I know how important it is that we all share our stories.”

SANE Australia is an organisation that has been helping Australians live with complex mental health issues, for over 30 years.

“After what I went through I knew that I had to help others, I had to help other people realise that you can indeed get better and there is help available.”

Günsberg publicly shared the story of his own mental health journey in 2016 at a live storytelling event and acknowledges that part of his recovery was listening to other people tell their stories, and opening up about his own.

“The good people at the ABC heard me tell my story and asked me to present the new season of *Tall Tales & True* to mark World Mental Health Day and the stories are amazing – they are enlightening, heartbreaking and hilarious all at the same time,” Günsberg said.

“The storytellers are very brave people. They have shared their stories publicly in front of a live audience which makes them even more courageous.”

Other storytellers featured include: **David Cunningham** who works on ABC’s *The Checkout*, an occasional comedian and history academic; leading Australian author and essayist – **Melissa Lukashenko**; founder of the Stay Chatty charity – **Mitch McPherson**; and **Donna Thistlethwaite** from season two who features in a special follow-up interview with Osher, after her appearance in ABC’s *Australian Story* in an episode called ‘The Bridge’.

Author **Rosie Waterland**, who came to prominence writing about Osher Günsberg in *The Bachelor* television series, also makes a brief special appearance in a chat about the process of writing about mental health.

Six episodes of *Tall Tales & True* season three are available on [ABC listen](#), [Apple Podcasts](#) or wherever you get your podcasts.

**Osher Günsberg is available for interview Tuesday 10 October 2.00pm – 5.30pm.**

**Contact Kate McCabe, ABC Audiences [mccabe.kate@abc.net.au](mailto:mccabe.kate@abc.net.au) | 0425 696 826**

### **About Tall Tales & True**

**Tall Tales & True** is the ABC's home of captivating, jaw-dropping and heart-rending audio stories, the true stuff of life shared by a mix of everyday people and some of the country's leading writers and performers. It is a curated collection of the 'best of the best' stories told live on stage from a variety of sources.

Billed as "the very best of Australian storytellers live on stage", season one and two have delivered unforgettable true stories that have been immediately loved by audiences.