



Media Release

FRIDAY 20 DECEMBER

SPECIAL MUSICAL EVENT OFFERS HOPE THIS FESTIVE SEASON

Beyond Blue is excited to announce that a new feel-good Christmas musical, which goes to air tonight on the ABC, will offer hope and remind people that free mental health and wellbeing support is available 24/7 over the festive season.

Michael Cassel Group and the ABC have come together in support of Beyond Blue to stage **A (VERY) MUSICAL CHRISTMAS**, hosted by ABC Classic's **Megan Burslem** and ABC News presenter **Jeremy Fernandez**.

A (VERY) MUSICAL CHRISTMAS will air on ABC TV at 7.30pm tonight (Friday 20 December) and be available for audiences to enjoy again afterwards, including on Christmas Day, across ABC TV, the ABC Listen app and ABC iview.

Featuring performances from **Justine Clarke, Casey Donovan, Eddie Perfect, Cody Simpson** and many more, ABC Music will also compile the **A (VERY) MUSICAL CHRISTMAS** album, which will be available to audiences through streaming services from today.

Beyond Blue CEO Georgie Harman said while the festive season was a time of joy, togetherness and connection, it could also bring feelings of stress, overwhelm and loneliness.

"We want everyone to know there is hope, and that Beyond Blue is always here no matter what you're going through. There's no problem too big or too small," Ms Harman said.

"This message matters because on average, people delay getting support for their mental health for about 11 years from the time issues begin to emerge. That's like a decade of driving with the handbrake on. As the national depression and anxiety initiative, Beyond Blue wants to change this."

Staged on the set of *Hamilton*, **A (VERY) MUSICAL CHRISTMAS** was filmed by the ABC before a live audience at Sydney's Lyric Theatre. Proceeds from ticket sales and the **A (VERY) MUSICAL CHRISTMAS** album will go towards the Beyond Blue Support Service, which supports hundreds of thousands of people each year and is funded entirely by donations. Viewers and listeners can also donate at beyondblue.org.au.

"We are incredibly grateful for the support of the performers, musicians, producers and crew, the ABC, Michael Cassel Group and everyone who donated their time and talent to bring this special production to life," Ms Harman said.

"The holiday season can be challenging for many so this event, which offers hope and information about Beyond Blue's free, 24/7 mental health support, is timely, valuable and important for millions of Australians," Ms Harman said.

For information, advice or mental health and wellbeing support, visit beyondblue.org.au or call **1300 22 4636**. To donate to Beyond Blue, visit beyondblue.org.au.

Contact: media@beyondblue.org.au

Beyond Blue
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Listen to the **A (VERY) MUSICAL CHRISTMAS** album on Spotify, Apple Music, iTunes, Amazon, Deezer, Youtube and more. The album is available to pre-save now by clicking [here](#).

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Beyond Blue Support Service: 1300 22 4636 or beyondblue.org.au/getsupport

For interviews contact media@beyondblue.org.au