



Media release

For immediate issue

## **Queenslanders Nikki and Krissy invite everyone to share a meal and engage in meaningful conversations through Beyond Blue's Big Blue Table**

This October, Jacobs Wells residents Nikki and Krissy are encouraging people to help break the stigma surrounding mental health issues as they join thousands of others across Australia who are hosting a Big Blue Table event for Beyond Blue.

Again in 2024, Beyond Blue's annual fundraiser invites people to bring their people together during Mental Health Month to host a Big Blue Table. The initiative aims to use the power of human connection to tackle the myths, misunderstandings and attitudes about mental health conditions over a shared meal.

Krissy and Nikki will be holding their first combined Big Blue Table on 5 October in memory of those who they've lost to suicide. This is Krissy's third Big Blue Table in memory of her sister Brodie who died four years ago. Nikki lost her close friend Noah to suicide in March this year. The grief and sadness both women feel is still very raw.

"A lot of people feel really lonely, and this day is really important to us," Nikki said.

"This is something we can do to bring the community together and build connections between people.

"We need to love people for who they are, or you'll miss all the magic. Mental health issues are very complex and it's important to see the person beyond these. A lot of people feel really lonely and this day is really important to us."

The two women have joined up with their local community businesses and organisations to host and cater the Big Blue Table event.

"We want to give people somewhere to go, and to be able to have conversations with others and feel supported," Krissy said.

"Compassion is so important. The love we have for the people who this day is in honour of extends to all. Everyone is on their own journey, and we are privileged to be able to contribute through this event and the people it will help that we may never meet."

Beyond Blue CEO Georgie Harman said sharing a meal is a great opportunity to connect with people.

“One of the most challenging things about facing mental health issues can be the sense of isolation and shame that many people feel, which can prevent them from reaching out for support.

“A Big Blue Table is an opportunity to get together and foster a sense of connection with others. When people feel less alone, and part of a community, they are stronger and better equipped to cope with life’s ups and downs.

“Nearly half of everyone in Australia will experience a mental health condition in their life. When we connect as people, checking in with each other and opening up about our mental health and wellbeing, we all do better.”

Big Blue Table participants who register early to be a host receive a free host kit containing information and decorations to create culinary and fundraising success. Included in the host kit are conversation starters featuring fun ‘getting to know you’ questions as well as mental wellbeing topics.

Workplaces that register will receive a Beyond Blue ‘Ingredients for a Mentally Healthy Workplace’ guide.

Big Blue Table events can be big or small. They can be a sit-down dinner, a picnic or a morning or afternoon tea in any setting: at home, the workplace, school or local club.

Funds raised through Big Blue Table go toward the Beyond Blue Support Service which provides free 24/7 counselling, advice and referrals to up to 800 people a day.

More than 5,000 people across Australia have hosted a Big Blue Table since the event began in 2019, raising almost \$1 million for the Beyond Blue Support Service.

Big Blue Table ambassadors Shelley Craft and Anthony Field join Dr Matt Agnew, Julie Goodwin and Nat’s What I Reckon in 2024 to support the cause.

Nikki and Krissy’s Big Blue Table event will be held outdoors on Harrigans Lane, Jacobs Well from 10.30am-1.30pm on Saturday 5 October. All are welcome.

To find out more and register to host your Big Blue Table, visit [bigbluetable.com.au](https://bigbluetable.com.au). Big Blue Table is proudly supported by [Premier Partner Australia Post](#).

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