



Media release

For immediate release

TV reno queen Shelley Craft makes Big Blue Table her new passion project

Popular TV presenter, 'The Aging Project' podcaster, entrepreneur and mum-of-two Shelley Craft is joining forces with Beyond Blue to encourage people to share a meal and start a conversation about mental health this October.

Ms Craft is the latest ambassador to join Beyond Blue's Big Blue Table which runs throughout October – Mental Health Month. The campaign raises vital funds for the Beyond Blue Support Service, which delivers free mental health support around the clock to more than 300,000 people each year.

A familiar face on Australian TV for over two decades, including 17 seasons on The Block, Ms Craft joins the team to help reduce the stigma surrounding depression and anxiety.

"As a passionate advocate for health, wellbeing and positive ageing, I believe strongly in prioritising mental wellbeing as well as the huge benefits of having open, honest discussions about mental health conditions," Ms Craft said.

"Big Blue Table is a wonderful initiative bringing people together to share not just food, but stories and experiences to create meaningful connections.

"It breaks down barriers and allows people to open up in a relaxed environment and know that they are not alone.

"For me, meditating and spending time in the outdoors – either alone or with my family and fur kids – are great for keeping my mental health in check and dealing with stress, but simply talking to another person is a powerful, and potentially a lifesaving thing we can all do."

Beyond Blue CEO Georgie Harman said she was delighted to have Shelley Craft join Beyond Blue as an ambassador for Big Blue Table.

"I am excited to have Shelley join us. She is a wonderful addition to our team of inspiring and big hearted Big Blue Table Ambassadors," said Ms Harman.

"We are so grateful to have her support, along with our existing ambassadors, Dr Matt Agnew, Julie Goodwin and Nat's What I Reckon who each have been so generous in their support to help Beyond Blue break down the stigma around mental health."

People can get involved by visiting bigbluetable.com.au and registering to host a meal and create a safe environment where friends, family and colleagues can talk about mental health. Big Blue Table events can take place anywhere: at your home, in the workplace, in a park or sports club. Big Blue Tables can be big or small and can be budget friendly - organise a potluck with friends, a morning tea or cook a roast for dinner.

Big Blue Table participants who register early to be a host receive a free host kit containing all the information and decorations needed to create a 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.

To find out more and register to host your Big Blue Table, visit bigbluetable.com.au.

Big Blue Table is proudly supported by [Premier Partner Australia Post](#).

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