



REAL TALK PODCAST - TRANSFORMING THE MENTAL HEALTH CONVERSATION ONE HEARTFELT STORY AT A TIME

Wednesday 21 November 2018

REAL Talk humanises the real-life experiences of high profile people and their unexpected journeys with mental health despite a seemingly “perfect” outside life, launching Wednesday 21 November.

Heart On My Sleeve is the fastest growing social movement on the internet dedicated to helping those experiencing, or supporting others, with mental health challenges. REAL Talk, *Heart On My Sleeve's* shift into the storytelling space, has been created with the view that the podcast can provide something that allows the listener to feel understood, less alone and isolated, so that they can let go of the shame and make way for a new narrative to emerge.

Stories are the most powerful thing we have to change the world and the REAL Talk podcast series shares the experiences of nine high profile people - Mitch Wallis, Osher Günsberg, Mallika Chopra, Francesca Hung, Ruby Wax, Dr Dan Siegel, Thorald Koren, Nick Ward and Joe Williams.



Mitch Wallis, the host of REAL Talk and Founder of the *Heart On My Sleeve Movement*, shares his story in episode one. As a young child he was diagnosed with obsessive compulsive disorder and chose to internalise and suppress his feelings and behaviour rather than seek therapy. While in his teenage years, life on the outside was incredibly normal and privileged, but his mind spiralled and his OCD took on new forms. In the third chapter of his life, Mitch was the youngest intern at Microsoft, was rapidly promoted within the business and at 25 was transferred to Seattle in a global role as a Product Marketing Manager. He seemingly had it all: the luxury car, business class flights, was mixing with celebrities and working on some of the hottest products in the tech industry. On the side he set up a DJ business, managed a yoga certification and ran marathons but his internal world was very different to his external lifestyle.

Mitch said, “The stress was high and constant, equally matched by my ability to hide my inner world, for some reason my old coping techniques started to lose effect. I was dramatically losing faith that I was helpable. I tried everything, from yoga to meditation, but they didn’t replace the huge chunk of fear and deep suffering caused but not knowing who I was or what I was going through.”

A desperate cry for help saw Mitch record a very personal and raw video of his mental state that went viral, and a miracle did occur, he came across a video of a guy sharing a very similar story to his own. Life did not just get better over-night and he would break

JANE ELLIOTT
PUBLICITY DIRECTOR

P 03 9425 2804
M 0428 508 628

jelliott@novaentertainment.com.au
www.novaentertainment.com.au



many more times, but Mitch felt he'd been given a gift, he'd met his deepest need to be accepted and didn't feel alone.

Mitch said, "My whole life changed because I now had a platform that I never had before, someone's story and the power of being connected had the potential to change my life and hopefully someone else's."

Heart On My Sleeve started as an accident from Mitch's story that went viral but now its purpose is anything but accidental. The social movement rallies around the core sentiment of what humans need - we need to feel understood and we need to be REAL - Relating to someone who gets it, Embracing who we are, Authentically acting from that place and then Letting go of the old story and making room for the new.

Mental health is the biggest issue facing our society. One in four people suffer from a mental health condition and it is the biggest life killer, with suicide taking more lives than anything else between the ages of 19 to 40. It is not just the problem that we need to consider, it is how we are solving the problem and how to start changing behaviour.

REAL Talk provides a platform for high profile people to share their stories, to allow others to feel understood and feel less alone and make way for a new narrative to emerge.

REAL Talk is available on [acast.com](https://www.acast.com) or wherever you get your podcasts -
<https://www.acast.com/realtalk>

Website: <https://heartonmysleeve.org/>
Facebook: @heartonmysleeve
Instagram: @heartonmysleeve

REAL TALK EPISODES

- Mitch Wallis: the future of mental health & *Heart On My Sleeve* - a new chapter (21 November)
- Osher Günsberg: overcoming alcoholism, obsession, journey with medication, and the flip side to being famous (26 November)
- Mallika Chopra: meditation, setting intentions and living in a spiritual family (29 November)
- Francesca Hung: Miss Universe Australia - the other side to having it all (3 December)
- Ruby Wax: laugh your way out of feeling shit (6 December)

JANE ELLIOTT
PUBLICITY DIRECTOR

P 03 9425 2804
M 0428 508 628

jelliott@novaentertainment.com.au
www.novaentertainment.com.au

MEDIA RELEASE



NOVA
ENTERTAINMENT

- Dan Siegel: parenting, trauma and a lesson in mind training from a world-famous psychiatrist (10 December)
- Thorald Koren: OCD and music, idolising the broken rock star, and the blessing of a shooting star (13 December)
- Nick Ward: finding yourself as a teenager and what it means to be a man (17 December)
- Joe Williams: boxing & NRL to mental health, what we can learn from native Aboriginal Australian culture (20 December)

JANE ELLIOTT
PUBLICITY DIRECTOR

P 03 9425 2804
M 0428 508 628

jelliott@novaentertainment.com.au
www.novaentertainment.com.au

nova

smoothfm

★STAR104.5

FIVEaa
TALKING ABLAINE

RED ROOM