



**Big
Blue
Table**

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You're invited!

Help raise funds for those facing
anxiety, depression & suicide.

HOSTED BY

PLACE

EVENT DATE

TIME

bigbluetable.com.au



Big Blue Table

45%

of people in Australia will face a mental health condition in their lifetime.

25%

of people in Australia will experience anxiety.

1 IN 7

will experience depression in their lifetime.



It's time to bring the topic of mental health and wellbeing to the Big Blue Table. Together, we can make mental health everyday table talk and help fight stigma. So tuck in, get chatting and let's go above and beyond for a great cause.

Bring your support to the table this October, Mental Health Month.

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