

# 2022 Mental Health Month ACT Supporters



MENTAL HEALTH MONTH ACT  
Awareness, Belonging, Connection

## Dan Bourschies

Dan Bourschies is a multi-award-winning multi-platform broadcaster with the ABC, an accomplished company director, and an in-demand public speaker and event MC and facilitator.

As the anchor for ABC Canberra's flagship 7pm news and a senior roving presenter and anchor across the network, Dan has been an agent of change in the media, beginning with his very presence as an LGBTQIA+ Aboriginal person on TV.

He kicked off the first acknowledgement of First Nations people on the ABC and then helped to spread that to other cities in Australia.

Growing up in the remote Northern Territory town of Tennant Creek, Dan was mentored by Elders from around the region while coming to understand his own First Nations heritage from his mum's side of the family in Victoria.

He was driven to news and reporting from an early age. He has used this career to further his passion for storytelling and strong sense of social justice and leadership, which was instilled in Dan by his upbringing.

Mental health is a topic close to Dan's heart.

"I worry that there is still stigma surrounding mental health, that makes it tough to talk about and even harder to get assistance. I hope that, in my role in the media, I've helped to have more inclusive and respectful conversations about tough topics, such as mental health."

Being an LGBTQIA+ Aboriginal man, Dan acknowledges the challenges of intersectional marginalisation on mental health.

"Everyone has a unique set of pressures and expectations attached to dealing and navigating with mental health. As a community, we can often think that mental health support is a one-size-fits-all, whereas it actually needs to be tailored and customisable, based upon the individual requirement and need."

As you would expect, given his profession, Dan is a self-professed newshound. "I'm constantly reading, watching, and listening to news, which can sometimes be challenging."

To help maintain his mental wellbeing, Dan ensures he occasionally takes a break and deliberately ignores the news for a while.

His hobbies also help keep him mentally healthy. "I love scuba diving for the wonder and experience of being underwater and having to depend on communicating without words. I love sitting down with a good book and being immersed in another world. And living in the Bush Capital, I love getting out for walks and runs in the outdoors."

