



Good Days with Candice

THE PROGRAM

Good Days with Candice is a mental health, mindset and wellness segment focused on normalising the physiological and emotional problems we can face as humans.

Good Days includes knowledge about the mind and body combined with modern, simple techniques that teach listeners how to manage and improve their health and wellbeing.

Topics include; understanding and managing anxiety, stress, relationships, parenting, men's and women's health, teen and young adults' mental health, bullying, fear, anger and addiction.

The content is modern, easy to digest and is designed to empower listeners to take steps toward improving their all-round wellbeing.

Mental Health in Australia

In addition to mental health-related consultations with health professionals, around 612,000 Australians accessed other services for their mental health via phone or digital technologies, including crisis support or counselling services, online treatment programs and tools to improve mental health, and mental health support groups and forums.

Listeners are seeking this support and information.

- In 2021, 20% or 4.8 million Australians had a mental or behavioural condition, an increase from 18% in 2014-15.
- In 2020-21, 15% of Australians aged 16-85 years experienced high or very high levels of psychological distress.
- Women were more likely to experience high or very high levels of psychological distress than men (19% compared with 12%).
- In 2020-21, 15% of Australians aged 16-85 years reported feeling lonely in the previous four weeks, while 16% of households experienced at least one financial stressor such as not being able to pay bills on time.

Source:
<https://www.abs.gov.au/articles/first-insights-national-study-mental-health-and-wellbeing-2020-21>

CONTACT US

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AVAILABILITY & DELIVERY

Availability	Monday to Friday
Delivery	Digital Courier delivered fortnightly
Price	1 x 30 sec ROS rate per week

ABOUT CANDICE

Candice is a former Australian Radio Announcer and TV Presenter with a background in holistic therapies.

Trained in Yoga, Hypnosis, Counselling, Relationship Counselling, Meditation, Breathwork, Emotional Change therapy and NLP she draws on an array of knowledge to help people through physical, emotional and mental healing.

Due to the mental health crisis growing in Australia, Candice has taken a break from full time media and returned to holistic wellness.

