

Media Release

**Bounce
Back**

Presented by DrinkWise.

AUSTRALIAN TEST CRICKET CAPTAIN TIM PAINE SPEAKS ABOUT HIS BOUNCE BACK FROM ADVERSITY IN NEW PODCAST

Sunday, 12 July 2020

Australian Test Cricket Captain Tim Paine has opened up about one of the darkest periods of his life - and how seeking professional support helped him beat his mental demons and save his cricket career.

Paine spoke candidly on the first episode of *Bounce Back*, a new podcast series to help Australians who are facing adversity or feeling lost as we deal with the COVID-19 pandemic.

Bounce Back, presented by DrinkWise, is being launched today with a message of support from Prime Minister Scott Morrison, who said:

“While the strength and resilience of everyday Australians has been on show over these last months, and we’ve been so proud, there’s no doubt that times have been terribly tough,” the Prime Minister said.

“This is a crisis like none any of us have seen before. We can’t underestimate the impact that it’s having on individuals and their well-being. And some more so than others.

“Listening to *Bounce Back*, and hearing how others have overcome tough times, might just provide the inspiration you need to stay strong, to stay positive and to stay resilient. I hope so.”

The Prime Minister’s full message for Australians is available [here](#).

Hosted by Dr Andrew Rochford, *Bounce Back* will feature prominent Australians - including Olympians Anna Meares and Bronte Campbell, Afghanistan veteran and Paralympian Curtis McGrath, Collingwood coach Nathan Buckley and senior public servant Michael Coutts-Trotter - talking about how they overcame adversity. Other well-known Australians will be announced over the coming weeks.

In the first of a two-part interview with Paine, the 35-year-old talks about how injury spiralled into a lack of self-confidence, almost ending his career.

“I was still loving training for cricket, I loved watching cricket, but when it came to my part in the game I just hated it. I would rather be anywhere else in the world because I was convinced I was going to fail,” Paine tells *Bounce Back*.

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“I don’t think anyone knew that I was struggling at all, not my best mates, not even my partner. I remember times when I would be sitting at home, she’d be at work, and I would literally be sitting on the couch, not bawling my eyes out but I’d be crying...it was weird and really painful. It was hard to explain, but I just thought I was letting so many people down.”

Throughout the series, Dr Rochford will be talking to some of Australia’s most recognisable sportsmen and women, prominent businesspeople and well-known politicians, allowing them to tell their stories in their own words.

“There’s no doubt a lot of us are feeling a bit lost or struggling at the moment - well you’re not alone. In *Bounce Back* I’ll talk to prominent Australians about major challenges that have been thrown their way and how they’ve overcome these difficulties on the road to success,” Dr Rochford said.

“*Bounce Back* is about promoting well-being and good mental health by showing that even in the most difficult times there are people you can turn to for support.”

DrinkWise CEO Simon Strahan said he hoped *Bounce Back* will provide some inspiration to the many Australians who are confronting their own challenges at the moment.

“DrinkWise is an advocate for encouraging positive change, whether that’s our attitude towards alcohol consumption or mental health. We’re proud to support this initiative and thank the well-known Aussies who were generous enough to share how they bounced back from some pretty difficult challenges,” said Simon Strahan.

Part two of the interview with Tim Paine will be released tomorrow, Monday 13 July at 6am, with a new episode to be released every Monday for 12 weeks.

Listen to [episode one](#) of *Bounce Back* from this morning in your favourite podcast app, including Apple Podcasts and Google Podcasts.

About DrinkWise

DrinkWise is an evidence-based social change organisation dedicated to changing the Australian drinking culture to one that is safer and healthier. We do this through national education campaigns, partnerships with community leaders and organisations, and the development of practical strategies and resources that better support the community in relation to the responsible use of alcohol. DrinkWise is funded through voluntary industry contributions across the alcohol sector and has previously been in receipt of funding from both Coalition and Labor governments.