

# BBC News Africa rolled out new series 'Talk It Out'

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The BBC News Africa TV Service introduced a new series called Talk it Out, where real-life health case-studies are studied and health issues that are taboo or socially condemned are openly debated.



The 10-part weekly TV series introduces the BBC News Africa new TV programmes brand, BBC Life Clinic – a weekly show in which BBC correspondents in Africa analyse African health, food and lifestyle tendencies.

*Talk it Out* points out topics that can be hard to debate – comprising of mental health and addiction. The half-hour episodes will consist of studio discussions going through the raised subjects, offering advice, including on how to get support.

BBC News Africa health editor, Anne Mawathe, who oversees a team of BBC News Africa health correspondents based in Nairobi, Lagos and Dakar, created the show to bring to the fore the continent's key health matters.

Mawathe stated, “*Talk it Out* will allow people with health issues that are difficult to share or even own up to, to talk through their experiences. As they open up to the viewers, we hope that those who have faced similar challenges will feel they are not alone, that they can also speak openly and seek help if they need it.”

In the first programme, *Talk it Out* offers the opportunity for two people to share their views about how they have battled

alcoholism. The edition puts forward the degree of heavy drinking among women and, in the worst scenarios, the new-born children with health problems born of alcoholic mothers.

*Talk it Out* will be beamed by SLBC on Sundays. Programme-linked digital content will be available via the [bbc.com/Africa](http://bbc.com/Africa) health index, BBC News Africa social channels and YouTube channel.

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