

Jessica Rowe

Journalist, broadcaster, bestselling author, mental health awareness advocate and proud Crap Housewife.



Biography

Jessica Rowe is an accomplished journalist, television presenter and three-time bestselling author. Jessica's credits include co-hosting Studio 10 (Ten) and The Today Show (Nine). She was also the news presenter for Weekend Sunrise (Seven), and for a decade Jessica co-hosted Network Ten's First at Five News.

As a published author, Jessica has written a collection of memoirs centred around her experiences with post natal depression, motherhood and parenting. Her titles include *The Best of Times*, *The Worst of Times*, *Love. Wisdom. Motherhood.*, *Is This My Beautiful Life?* and most recently *Diary of a Crap Housewife*.

Jess is a self confessed Crap Housewife. She has gathered a strong and loyal following with her online Crap Housewife movement, one that unites and celebrates other mothers who, like Jess, sometimes feel like they are not the perfect mother, wife or cook. With humour and honesty, Jess shares her amusing misadventures at [Crap Housewife](#) and her [Instagram channel](#).

As a podcaster, Jess has produced and hosted the comedy and lifestyle series *One Fat Lady* and *One Thin Lady* with her best friend, Denise Drysdale. The series debuted as the No. 1 podcast (All Categories) on Apple Podcast AU in March 2018. Jess also hosted Kidspot's *Mummy Mentors* podcast series (2020).

In addition to her anchor and journalist TV roles, Jess has been able to show her fun-loving nature in light entertainment TV roles. Recently that has included her celebrated turn on the 2019 dancing competition series *The Real Dirty Dancing* (Seven) and earlier *Dancing with the Stars* (Seven).

Jess is a passionate advocate for mental health awareness and supporting others who are struggling with poor mental health, in particular post natal depression. Jess is an ambassador for Beyond Blue and a patron of Mental Health Australia. In 2015 Jess was honoured as a Member of the Order of Australia for her mental health advocacy work and her contribution to Australian media.

Jess is married to Nine News Sydney anchor Peter Overton, and together they have two young daughters, Allegra (13) and Giselle (11).

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Further Information

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