

Mary Soudi is an Australian actress of Persian heritage. Raised in Perth, Western Australia, she graduated from Curtin University with a Bachelor of Arts degree majoring in Performance, before eventually moving to Sydney.

Mary's film and television credits include the critically acclaimed ABC drama series "The Heights" (Matchbox Pictures and NBC), where she plays series regular Helena Darvish. Her other film and television credits include the Amazon Prime series "Back To The Rafters", ABC's "Dafuq?", and the award-winning feature film "An Ideal Host", for which Mary was the recipient of a Best Supporting Actress Nomination at the Jury Awards at Nevermore Film Festival in the US.

Mary's theatre credits include Belvoir St Theatre's main stage production "The Boomkak Panto", Bell Shakespeare's "The Players", JackRabbit Theatre's "Front", Twenty Seven Six's "Blame Traffic", Western Australian Youth Theatre Company's "MINE", West Australian Opera's "The Pearl Fishers", and several Hayman Theatre Company productions including "The Tempest", "The Trojan Women", "Dear Charlotte" and "Who's Afraid Of The Working Class?".

As a singer and a musician, Mary is a front-woman and bassist in the band "Boys Boys Boys!".