

# Community Broadcasting Suicide Prevention Project

April 2016

## Track information

Track	Topic
1	<p>We find out about the support and information you can access from <i>beyondblue</i> if you're concerned about anxiety or depression, or if you know someone who may need some help.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> "If you're concerned about anxiety or depression, or if you know someone who may need some support, help or information..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p>Alison Jansen from the <b>Mental Illness Fellowship Queensland</b> tells us some of the things we might observe in someone we care about that might indicate they need some help and support.</p> <p><b>DUR:</b> 2:10</p> <p><b>FW:</b> "From time to time we might be concerned about the way someone close to us is behaving, and be worried that something is not quite right..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p><b>Railway worker Jamie Robertson</b> tells us why it's important to have the support of our workmates and employers when we're going through difficult times.</p> <p><b>DUR:</b> 1:22</p> <p><b>FW:</b> "For many of us, our workplaces are an important part of our lives - a place where we spend a lot of our time and where we form meaningful friendships..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

4	<p>Tracy McCown from <b>Suicide Prevention Australia</b> explains why it's important to think about your personal readiness to be involved in suicide prevention.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> "If you've been touched by suicide, your voice can play an important part in suicide prevention..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
5	<p>We speak with <b>SANE Australia</b> about the results of the first national research project into the way mental illness is portrayed visually in Australia.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> "SANE Australia and Getty Images have released the results of the first national research project into the way mental illness is portrayed visually in Australia..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
6	<p><i>beyondblue</i> CEO Georgie Harman tells us how their successful campaign <i>The Brain</i> highlights to young people that seeking help for depression or anxiety is nothing to be ashamed of.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> "Since its launch last May, more than 4 million Australians have seen The Brain campaign..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
7	<p>We learn about the anonymous help and support people can access through <b>Lifeline's</b> telephone service or online chat service if they're going through a difficult time.</p> <p><b>DUR:</b> 2:01</p> <p><b>FW:</b> "If you're going through a tough time in your life, or have a problem and wish you had someone you could talk to about it..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
8	<p>We encourage men to contact <b>MensLine</b> anytime of the day and night to talk about any issue that's concerning them.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> "If you're a man who needs someone to talk to about the problems you're facing, then why not give MensLine Australia a call..."</p>

	<p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>We catch up with <b>SANE Australia CEO Jack Heath</b> to find out how we can more accurately portray the full experience of people living with mental illness.</p> <p><b>DUR:</b> 1:59</p> <p><b>FW:</b> “SANE Australia and Getty Images have released the results of the first national research project into the way mental illness is portrayed visually in Australia...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Susan Rosenthal from <b>On The Line</b> provides some advice for people who are unsure about taking the important step of contacting the Suicide Call Back Service.</p> <p><b>DUR:</b> 1:21</p> <p><b>FW:</b> “The Suicide Call Back Service provides support and counselling for anyone affected by suicide...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We catch up with <b>Dr Nicola Reavley from the University of Melbourne</b> to find out about the perspectives of people with mental illness about how they’re treated by their friends and family.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “A world-first Australian survey has found people diagnosed with mental health problems often feel that they’re avoided by friends and family...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Tracy McCown from <b>Suicide Prevention Australia</b> explains some of the things you might want to think through in terms of your own personal readiness to be involved in suicide prevention.</p> <p><b>DUR:</b> 2:22</p> <p><b>FW:</b> “If you’ve been touched by suicide, your voice can play an important part in suicide prevention...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p><b>Railway worker Jamie Robertson</b> tells us about the difference the</p>

	<p>support of workmates made during a difficult period of his life.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “For many of us, our workplaces are an important part of our lives - a place where we spend a lot of our time and where we form meaningful friendships...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Alison Jansen from the <b>Mental Illness Fellowship Queensland</b> tells us some of the signs that might indicate we should reach out to people we care about and ask if they’re okay.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “From time to time we might be concerned about the way someone close to us is behaving, and be worried that something is not quite right...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>We find out more about the support and information you can access from <i>beyondblue</i> if you’re concerned about anxiety or depression, or if you know someone who may need some help.</p> <p><b>DUR:</b> 1:59</p> <p><b>FW:</b> “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>We learn more about <i>The Brain</i>, a <i>beyondblue</i> campaign that encourages young people and their parents to take action against depression and anxiety.</p> <p><b>DUR:</b> 2:02</p> <p><b>FW:</b> “beyondblue is encouraging young people to get to know their character ‘The Brain’ and to take action against depression and anxiety...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>We find out more about the support people in need can access by contacting <b>Lifeline</b> online or by phone.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is</p>

	produced with the support of the Australian Government Department of Health.”
18	<p>We catch up with <b>Kim Borrowdale from Suicide Prevention Australia</b> to find out why community-lead approaches to suicide prevention are so effective.</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> “Communities Matter is a practical online resource for local communities to use to help prevent suicide...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p><b>Tracy McCown from Suicide Prevention Australia</b> explains that people who get involved in suicide prevention may need to think about how they put plans in place for self-care.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> “If you’ve been touched by suicide, your voice can play an important part in suicide prevention...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>We hear more from <b>SANE Australia</b> about the results of the first national research project into the way mental illness is portrayed visually in Australia.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “Australia’s national mental health charity, SANE Australia, and Getty Images, the world’s leader in visual communications...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>