

Community Broadcasting Suicide Prevention Project

August 2016

Track	Topic
1	<p>We learn about some important new Conversations Matter resources that have been developed to support discussion about suicide in Aboriginal communities.</p> <p>DUR: 1:20</p> <p>FW: “Conversations Matter is a suite of online resources developed to support community discussion about suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>We hear about a nationwide awareness campaign SANE Australia has launched in a bid to improve the social connection and mental health outcomes for people affected by complex mental illness.</p> <p>DUR: 1:33</p> <p>FW: “SANE Australia has launched a nationwide awareness campaign in a bid to improve the social connection and mental health outcomes for 4 million Australians affected by complex mental illness...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>We speak to the founder of the HALT program, which links tradies to mental health services and helps tradies speak more openly about depression, anxiety and suicide.</p> <p>DUR: 1:22</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>We catch with headspace’s Chief Medical Officer Dr Natalie Gray and ask what role family members can play in helping young people to get the help they need.</p> <p>DUR: 1:59</p> <p>FW: “Research has revealed the shocking role that stigma plays in preventing young Australians seeking help for mental health issues...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>We hear about Behind The Seen, a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service</p>

	<p>providers, as well as their families.</p> <p>DUR: 1:56</p> <p>FW: “People who work as first responders in the emergency services deal with unique lifestyle and incident stresses...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>We catch up with Aboriginal poet, comedian and performer Steven Oliver and ask why it’s important for people who are going through a difficult time to feel like they can reach out someone they trust.</p> <p>DUR: 1:16</p> <p>FW: “Steven Oliver is an Aboriginal poet, comedian and performer whose life has been affected by suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Dr Sam Batchelor, a senior researcher with yourtown, highlights some key things service providers can do when they’re approached by a young person who is feeling suicidal.</p> <p>DUR: 1:28</p> <p>FW: “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 25...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Leilani Darwin tells us how headspace has worked with Aboriginal and Torres Strait Islander services and community members in the Inala region in Brisbane.</p> <p>DUR: 1:59</p> <p>FW: “Leilani Darwin in an inspirational woman who recently won the Aboriginal and Torres Strait Islander Award at the National Suicide Prevention Conference...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Dr Stephen Carbone outlines the support beyondblue can provide if you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information.</p> <p>DUR: 1:28</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue</i>...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Suicide Prevention Australia’s head of communications, Kim Borrowdale, speaks about her trip to the UK after being awarded a grant from The Ian Potter Foundation.</p> <p>DUR: 1:50</p> <p>FW: “Suicide Prevention Australia’s head of communications, Kim Borrowdale, recently returned from the UK after being awarded the first ever International Learning and Development Grant...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We hear more about the HALT program, which links tradies to mental health services and helps tradies speak more openly about depression, anxiety and</p>

	<p>suicide.</p> <p>DUR: 1:20</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Behind the Seen founder and firefighter Ross Beckley explains how attending traumatic incidents can impact on the well-being of first responders.</p> <p>DUR: 1:28</p> <p>FW: “Behind The Seen is a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service providers, as well as their families...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>We hear more about a nationwide awareness campaign SANE Australia has launched in a bid to improve the social connection and mental health outcomes for people affected by complex mental illness.</p> <p>DUR: 1:33</p> <p>FW: “SANE Australia has launched an awareness campaign across 155 communities nationwide in a bid to improve the social connection and mental health outcomes for 4 million Australians affected by complex mental illness...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>We learn more about the development of new Conversations Matter resources to support discussion about suicide in Aboriginal communities.</p> <p>DUR: 1:44</p> <p>FW: “Conversations Matter is a suite of online resources developed to support community discussion about suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Dr Sam Batchelor, a senior researcher with yourtown, explains some key things parents can do to support a young person who may be experiencing suicidal thoughts.</p> <p>DUR: 1:43</p> <p>FW: “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 25...”</p> <p>LW: “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 the work of Leilani Darwin, an inspirational woman who recently won the Aboriginal and Torres Strait Islander Award at the National Suicide Prevention Conference.</p> <p>DUR: 1:57</p> <p>FW: “Leilani Darwin in an inspirational woman who recently won the Aboriginal and Torres Strait Islander Award at the National Suicide Prevention Conference...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>We hear more about Behind The Seen, a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service</p>

	<p>providers, as well as their families.</p> <p>DUR: 1:27</p> <p>FW: “Behind The Seen is a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service providers, as well as their families...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>We catch up with Aboriginal poet, comedian and performer Steven Oliver and ask why it’s important to start meaningful and supportive conversations with people we care about who may be going through a difficult time.</p> <p>DUR: 1:41</p> <p>FW: “Steven Oliver is an Aboriginal poet, comedian and performer whose life has been affected by suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>HALT program founder Jeremy Forbes outlines the role building and construction companies can play a key role in stimulating conversations among tradies about mental illness and suicide and linking them to the support they need.</p> <p>DUR: 1:33</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>We catch up with Lifeline CEO Pete Shmigel to find out more about the support people can expect to receive if they call Lifeline on 13 11 14.</p> <p>DUR: 1:44</p> <p>FW: “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 – then help is just a phone call away, or even a mouse click if you prefer...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>