

Community Broadcasting Suicide Prevention Project

December 2016

Track	Topic
1	<p>Lifeline provides some advice on how we can look after our well-being during the often stressful Christmas holiday period.</p> <p>DUR: 1:39</p> <p>FW: “For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>Singer-songwriter, X Factor runner-up and R U OK? ambassador Louise Adams tells us about the importance of reaching out to those around us and asking the simple question of ‘are you okay?’.</p> <p>DUR: 2:09</p> <p>FW: “Many of us would know Louise Adams as a singer-songwriter who was the runner-up in the X Factor in 2015...”</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 hear about the peer-supported telephone and web-based services QLife provides to LGBTI people of all ages.</p> <p>DUR: 1:34</p> <p>FW: “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</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 hear about the support Perinatal Anxiety and Depression Australia (PANDA) provides to expecting and new parents, including a specialist national mental health telephone counselling service.</p> <p>DUR: 1:50</p> <p>FW: “PANDA - or Perinatal Anxiety and Depression Australia - provides a vital service to expecting and new parents...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

5	<p>headspace provides some advice to help young people deal with the stress and worry that they may experience while waiting for exam results and further education offers.</p> <p>DUR: 1:27</p> <p>FW: “All around Australia, young people are waiting for the outcomes of their exam results and for further education offers...”</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 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: 1:26</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...”</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 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: 1:27</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Lifeline provides some advice on how we can support those around us who may be experiencing stress, sadness or loneliness during the Christmas period.</p> <p>DUR: 1:29</p> <p>FW: “For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Tony Phiskie, the principle social worker at SAMSN, tells us how child sexual abuse impacts on the men they support.</p> <p>DUR: 1:42</p> <p>FW: “Survivors and Mates Support Network, or SAMSN, is a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>PANDA CEO Terri Smith provides some advice for expecting and new parents who may be experiencing anxiety or depression.</p> <p>DUR: 2:03</p> <p>FW: “PANDA – or Perinatal Anxiety and Depression Australia - provides a vital service to expecting and new parents...”</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 about a series of guides produced by QLife to provide health professionals with practical information on some frequently asked topics about working with LGBTI people.</p> <p>DUR: 2:01</p> <p>FW: “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>headspace provides some advice to help young people deal with the major life changes that can happen after they finish high school.</p> <p>DUR: 1:36</p> <p>FW: “All around Australia, young people are waiting for the outcomes of their exam results and for further education offers...”</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 about Behind The Seen, 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>DUR: 1:29</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Singer-songwriter, X Factor runner-up and R U OK? ambassador Louise Adams tells us more about the importance of reaching out to those around us and asking the simple question of ‘are you okay?’.</p> <p>DUR: 1:54</p> <p>FW: “Many of us would know Louise Adams as a singer-songwriter who was the runner-up in the X Factor in 2015...”</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 Stephen Carbone from beyondblue explains that while awareness of depression and anxiety has increased in recent years, there’s still a lot of work to do to reduce stigma and encourage people to seek help and support.</p> <p>DUR: 1:57</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Tony Phiskie, the principle social worker at SAMSN, provides some advice for male survivors of childhood sexual abuse who may be unsure about reaching out and getting support for the first time.</p> <p>DUR: 1:45</p> <p>FW: “Survivors and Mates Support Network, or SAMSN, is a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

17	<p>PANDA CEO Terri Smith tells us how we can support expecting and new parents we know who may be experiencing anxiety or depression.</p> <p>DUR: 1:52</p> <p>FW: “PANDA – or Perinatal Anxiety and Depression Australia - provides a vital service to expecting and new parents...”</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 hear more about a series of guides produced by QLife to provide health professionals with practical information on some frequently asked topics about working with LGBTI people.</p> <p>DUR: 1:58</p> <p>FW: “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We look at the help and support available from Lifeline during the Christmas period if you are finding this time of year difficult, stressful or isolating.</p> <p>DUR: 1:34</p> <p>FW: “For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time, and even a time of crisis...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>headspace provides some advice for parents who are supporting young people deal with stress and worry while waiting for exam results and further education offers.</p> <p>DUR: 1:53</p> <p>FW: “All around Australia, young people are waiting for the outcomes of their exam results and for further education offers...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>