

Community Broadcasting Suicide Prevention Project

January 2016

Track information

Track	Topic
1	<p>We chat with new Lifeline CEO Pete Shmigel about the support they can provide to people around Australia who are going through a tough time.</p> <p>DUR: 2:02</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...”</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 learn about Children of Parents with a Mental Illness, an organisation that provides information for family members across Australia where a parent has a mental illness, and for people who care for and work with them.</p> <p>DUR: 2:02</p> <p>FW: “COPMI – or Children of Parents with a Mental Illness – is an organisation that provides information for family members across Australia where a parent has a 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 learn about the support and information the SANE Help Centre provides to help people with mental illness, their families and carers live better lives.</p> <p>DUR: 2:16</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>Mates in Construction tells us about the work they’re doing to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 1:40</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</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 catch up with Susan Rosenthal from On The Line, and ask for her advice for men who have considered using the services of MensLine Australia, but haven't taken the first step.</p> <p>DUR: 1:44</p> <p>FW: "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, or visit them online..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
6	<p>ReachOut CEO Jono Nicholas provides some advice for young people who are worried about their ability to go to university and what the future will hold for them.</p> <p>DUR: 1:27</p> <p>FW: "January can be a stressful time for many young people. This is certainly the case when they're worried about their Year 12 exam results..."</p> <p>LW: "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 Suicide Call Back Service, which provides support and counselling for anyone affected by suicide.</p> <p>DUR: 1:16</p> <p>FW: "The Suicide Call Back Service provides support and counselling for anyone 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>
8	<p>We catch up with Luke Martin from beyondblue, and ask him what Dads can do if they're struggling with their role as a new father.</p> <p>DUR: 1:54</p> <p>FW: "Becoming a new Dad can bring with it a range of stresses, including the need to balance new family commitments with work..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
9	<p>Susan Rosenthal from On The Line provides some advice for people affected by suicide who are unsure about taking the important step of contacting the Suicide Call Back Service.</p> <p>DUR: 1:23</p> <p>FW: "The Suicide Call Back Service provides support and counselling for anyone 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>
10	<p>Screen studies scholar Fincina Hopgood joins us to discuss a research project investigating the impacts of positive and negative screen portrayals of people living with mental illness.</p> <p>DUR: 2:25</p> <p>FW: "Many of us have seen representations in film, television or art of people with a lived experience of mental illness..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of</p>

	the Australian Government Department of Health.”
11	<p>We learn more about Mates in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 2:01</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<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: 1:49</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Suzanne Leckie from SANE Australia encourages people to contact the SANE Help Centre as early as possible if they have any questions or concerns about their own mental health, or that of someone in their life.</p> <p>DUR: 2:13</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by calling the SANE Helpline...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Luke Martin from beyondblue tells us some of the things men can do to support male friends who have become new Dads and may be struggling with their new role.</p> <p>DUR: 2:01</p> <p>FW: “Becoming a new Dad can bring with it a range of stresses, including the need to balance new family commitments with work...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>We hear how ReachOut.com is relevant for young people who prefer to access information and support online, including those living in rural and remote parts of Australia.</p> <p>DUR: 1:56</p> <p>FW: “When young people are going through a tough time it’s sometimes hard for them to know where to turn for help...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>ReachOut CEO Jono Nicholas provides some advice for young people who are worried about finding employment and anxious about what the future will hold for them.</p> <p>DUR: 1:36</p> <p>FW: “January can be a stressful time for many young people, and a time when many are struggling to find a job...”</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 learn about a new range of videos Children of Parents with a Mental Illness has developed for young people, which can be viewed as a series or on their own.</p> <p>DUR: 1:56</p> <p>FW: “COPMI – or Children of Parents with a Mental Illness – is an organisation that provides information for family members across Australia where a parent has a mental illness ...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Mates in Construction CEO Jorgen Gullestrup explains some of the practical things construction workers can do if they notice a mate is doing it tough.</p> <p>DUR: 1:54</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Warren Hepworth, a fly-in fly-out worker in Western Australia, tells us some of the things people working in similar jobs can do if they’re going through a difficult period.</p> <p>DUR: 1:58</p> <p>FW: “Fly-in fly-out workers can face a range of stresses, with problems they’re having at home or at work compounded by their isolation from friends and family members...”</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 learn how Lifeline’s online crisis chat service is providing people who prefer to make contact online with quick and easy access to help and support.</p> <p>DUR: 1:48</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>