

Community Broadcasting Suicide Prevention Project

June 2016

Track	Topic
1	<p>We preview the 2016 National Suicide Prevention Conference, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p>DUR: 1:38</p> <p>FW: “The 2016 National Suicide Prevention Conference, from the 24th to the 27th of July, will bring together a range of people and organisations working and researching in the area of suicide prevention...”</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 catch up with Butterfly Foundation CEO Christine Morgan to find out about the services and information they provide to Australians affected by eating disorders, and their families and friends.</p> <p>DUR: 1:56</p> <p>FW: “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support...”</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 more about the services offered by QLife, a national counselling and referral service for LGBTI people.</p> <p>DUR: 1:24</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>beyondblue's policy, research and evaluation leader Stephen Carbone explains what people should know about anxiety, and how it differs from normal stress or worry.</p> <p>DUR: 2:07</p> <p>FW: “beyondblue's revamped Get To Know Anxiety campaign, featuring Australia's own Aussie actor Guy Pearce, aims to address some of the current misconceptions people have about anxiety...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

5	<p>Well-known country music musician Travis Collins tells us why he's so passionate about supporting the work of R U OK?</p> <p>DUR: 1:55</p> <p>FW: "Travis Collins is a well-known country music musician who is passionate about encouraging others to reach out to those they care about and ask 'are you okay?'..."</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 hear about the anonymous help and support you can access through Lifeline's telephone service or their online chat service.</p> <p>DUR: 1:57</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>
7	<p>Susan Rosenthal from On The Line provides some advice for men who have considered using the services of MensLine Australia, but haven't taken the first step.</p> <p>DUR: 1:40</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..."</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 headspace CEO Chris Tanti and ask what Dads can do if they've tried to begin a conversation with a son who is unresponsive and won't open up.</p> <p>DUR: 1:31</p> <p>FW: "A lot of things go unsaid between young men and their dads - especially when it comes to 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>
9	<p>We hear more about the 2016 National Suicide Prevention Conference, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p>DUR: 1:56</p> <p>FW: "The 2016 National Suicide Prevention Conference, from the 24th to the 27th of July, will bring together a range of people and organisations working and researching in the area of suicide prevention..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
10	<p>We catch up with Butterfly Foundation CEO Christine Morgan and ask her why eating disorders and body image are such important issues in Australia today.</p> <p>DUR: 1:59</p> <p>FW: "For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support..."</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 services offered by QLife, a national counselling and referral service for LGBTI people.</p> <p>DUR: 1:09</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>We profile <i>beyondblue</i>'s Get To Know Anxiety campaign, which addresses some of the current misconceptions people have about anxiety, and builds awareness of options for support and treatment.</p> <p>DUR: 2:18</p> <p>FW: “A revamped <i>beyondblue</i> campaign is seeking to raise awareness of anxiety, with new research showing many Australians still have misconceptions about anxiety...”</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 catch up with country music star Travis Collins and ask him how we can reach out to men and get them to open up about the problems they're dealing with.</p> <p>DUR: 1:47</p> <p>FW: “Travis Collins is a well-known country music musician who is passionate about encouraging others to reach out to those they care about and ask ‘are you okay?’...”</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 find out about the theme of the 2016 National Suicide Prevention Conference, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p>DUR: 1:52</p> <p>FW: “The 2016 National Suicide Prevention Conference will be held in Canberra from the 24th to the 27th of July...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>headspace CEO Chris Tanti tells us about the resources and information fathers can access to help build their understanding of mental health issues and ways to support their sons through difficult times.</p> <p>DUR: 1:41</p> <p>FW: “Fathers can play a vital role in identifying the early signs of mental illness and helping their sons get the support they need...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Ross Jacobs from QLife tells us why we need more support for LGBTI people affected by that discrimination.</p> <p>DUR: 1:40</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>

17	<p>Stephen Carbone from beyondblue explains why it's important for people to understand that anxiety conditions can be effectively treated in the vast majority of cases.</p> <p>DUR: 1:54</p> <p>FW: "A survey of 1200 people has revealed one in five Australians believe people experiencing anxiety 'put it on' to avoid difficult or uncomfortable situations..."</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 Butterfly Foundation CEO Christine Morgan and ask what people can do to improve their body image.</p> <p>DUR: 1:55</p> <p>FW: "It is estimated that four per cent of the Australian population suffers from an eating disorder, and that less than 25 per cent of those affected are in treatment..."</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 speak with Deepak Vinayak, an inspirational man who has spent much of his time in Australia reaching out to those around him who need help and offering them practical help and support.</p> <p>DUR: 2:18</p> <p>FW: "Deepak Vinayak is an inspirational man who has spent much of his time in Australia reaching out to those around him who need help..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
20	<p>CEO Pete Shmigel outlines the support people can expect to receive if they call Lifeline on 13 11 14.</p> <p>DUR: 1:43</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>