

Community Broadcasting Suicide Prevention Project

March 2016

Track information

Track	Topic
1	<p>We catch up with Lifeline CEO Pete Shmigel to find out about the support people in need can access by contacting Lifeline online or by phone.</p> <p>DUR: 2:05</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 Communities Matter, a practical online resource for local communities to use to help prevent suicide.</p> <p>DUR: 1:31</p> <p>FW: “Communities Matter is a practical online resource for local communities to use to help prevent suicide...”</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 profile <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>DUR: 1:53</p> <p>FW: “<i>beyondblue</i> is encouraging young people and their parents to get to know their character ‘The Brain’ and to take action against depression and anxiety...”</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 find out about a series of audio stories featuring high-profile young Australian actors that have been developed by ReachOut to</p>

	<p>help young people deal with social and mental health issues.</p> <p>DUR: 1:27</p> <p>FW: “ReachOut Australia has teamed up with some high-profile young Australian actors to develop a series of audio stories...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Dr Stephen Carbone from <i>beyondblue</i> tells us that while awareness of depression and anxiety has increased in recent years in Australia, there’s still a lot of work to do to reduce stigma and encourage people to seek help and support.</p> <p>DUR: 2:03</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>
6	<p>We learn about a world-first Australian survey that has found people diagnosed with mental health problems often experience discrimination or avoidance when looking for work.</p> <p>DUR: 1:51</p> <p>FW: “A world-first Australian survey has found people diagnosed with mental health problems are often treated with discrimination or avoidance when looking for work...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>R U OK? Campaign Director Rebecca Lewis explains why it’s important that we have a meaningful conversation with people we care about, rather than just flippantly asking if they’re okay.</p> <p>DUR: 1:54</p> <p>FW: “One of the simplest things that we can all do to support those we care about is to ask them, in a meaningful way, ‘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>
8	<p>We hear about the support and counselling the Suicide Call Back Service provides for anyone affected by suicide.</p> <p>DUR: 1:30</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>
9	<p>We learn about the <i>What Were We Thinking!</i> blog and app developed by Jean Hailes for Women’s Health, which helps parents deal with the physical and emotional challenges that come with being a first-time parent.</p> <p>DUR: 1:58</p> <p>FW: “‘What Were We Thinking!’ is a blog and app developed by Jean Hailes for Women’s Health which helps parents deal with the physical and emotional challenges...”</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 find out more about the support people in need can access by contacting Lifeline online or by phone.</p> <p>DUR: 1:52</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>
11	<p>We hear about the quiz young people can complete as part of <i>The Brain</i> campaign, which encourages young people and their parents to take action against depression and anxiety.</p> <p>DUR: 1:56</p> <p>FW: “<i>beyondblue</i> is encouraging young people and their parents to get to know their character ‘The Brain’ and to take action against depression and anxiety...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Dr Nicola Reavley from the University of Melbourne explains how workplaces and jobseekers can address some of the issues faced by people with mental health problems when looking for work.</p> <p>DUR: 2:17</p> <p>FW: “A world-first Australian survey has found people diagnosed with mental health problems are often treated with discrimination or avoidance when looking for work...”</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 the support, help and information you can access</p>

	<p>by contacting <i>beyondblue</i> if you're concerned about anxiety or depression.</p> <p>DUR: 1:49</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>
14	<p>We catch up with Susan Rosenthal from On The Line and ask for her advice for people who are unsure about taking the important step of contacting the Suicide Call Back Service.</p> <p>DUR: 1:26</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>
15	<p>We find out more about a series of audio stories featuring high-profile young Australian actors that have been developed by ReachOut to help young people deal with social and mental health issues.</p> <p>DUR: 1:28</p> <p>FW: "ReachOut Australia has teamed up with some high-profile young Australian actors to develop a series of audio stories..."</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 encourage new Dads to check out the <i>What Were We Thinking!</i> blog and app, which help parents deal with the physical and emotional challenges that come with being a first-time parent.</p> <p>DUR: 1:55</p> <p>FW: "The birth of a first baby is one of the biggest life transitions adults experience..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
17	<p>Kim Borrowdale from Suicide Prevention Australia encourages people from diverse cultural backgrounds to access their Communities Matter resource, and to explore community-focused local suicide prevention strategies.</p> <p>DUR: 1:29</p> <p>FW: "Communities Matter is a practical online resource for local communities to use to help prevent suicide..."</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>R U OK? Campaign Director Rebecca Lewis tells us about the resources they provide to people who want to start a conversation with someone they care about.</p> <p>DUR: 1:47</p> <p>FW: “R U OK? is an organisation that promotes the idea that we can support each other through challenging times...”</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 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>DUR: 2:01</p> <p>FW: “<i>beyondblue</i> is encouraging young people and their parents to get to know their character ‘The Brain’ and to take action against depression and anxiety...”</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 Susan Rosenthal from On The Line and ask for her advice for men who have considered using the services of MensLine, but haven’t taken the first step.</p> <p>DUR: 1:47</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>