

Community Broadcasting Suicide Prevention Project

November 2016

Track	Topic
1	<p>We profile the Survivors and Mates Support Network, a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives.</p> <p>DUR: 1:52</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>
2	<p>We hear about ReachOut Australia's new campaign which is reminding young people and their parents that there is life after Year 12 exams.</p> <p>DUR: 1:24</p> <p>FW: “As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents...”</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 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>
4	<p>Mindframe Program Manager Marc Bryant tells us what people working in the media can do to ensure they are representing issues such as mental illness and suicide appropriately.</p> <p>DUR: 2:14</p> <p>FW: “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</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 profile 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: 1:37</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>
6	<p>We catch up with Deputy CEO of Suicide Prevention Australia Kim Borrowdale, who highlights the importance of providing more suicide prevention and postvention support for Aboriginal and Torres Strait Islander communities.</p> <p>DUR: 1:23</p> <p>FW: “Recent research by Suicide Prevention Australia has highlighted just how far-reaching the impacts of suicide are in Australia...”</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 speak with Jake Gablonski, a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us.</p> <p>DUR: 1:32</p> <p>FW: “Jake Gablonski is a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us...”</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 learn about the support QLife offers to LGBTI people through their peer-supported telephone and web-based services.</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>
9	<p>ReachOut CEO Jono Nicholas provides some advice for young people to help them cope with the stress of exams.</p> <p>DUR: 1:30</p> <p>FW: “As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents...”</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 learn more about the support offered by the Survivors and Mates Support Network to adult male survivors of childhood sexual abuse.</p> <p>DUR: 2:22</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>

11	<p>Mindframe Program Manager Marc Bryant tells us what people working in the media can do to ensure they promote access to support and services when reporting on mental illness and suicide.</p> <p>DUR: 1:29</p> <p>FW: “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</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 hear about the support MensLine Australia provides to men who need someone to talk to about the problems they’re facing.</p> <p>DUR: 1:26</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>
13	<p>We profile the SANE Help Centre, which is a great place to get the information you need about mental illness and related topics.</p> <p>DUR: 2:11</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>
14	<p>Deputy CEO of Suicide Prevention Australia Kim Borrowdale highlights the importance of using the lived experience of suicide to develop meaningful community-focused approaches to suicide prevention.</p> <p>DUR: 1:21</p> <p>FW: “Recent research by Suicide Prevention Australia has highlighted just how far-reaching the impacts of suicide are in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Jake Gablonski, a young Aboriginal man and R U OK? Ambassador, provides some advice for young people about reaching out for some support if they’re feeling down or going through a difficult time.</p> <p>DUR: 1:18</p> <p>FW: “Jake Gablonski is a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us...”</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 support offered by the Survivors and Mates Support Network to adult male survivors of childhood sexual abuse.</p> <p>DUR: 2:08</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>We hear about the support Lifeline can provide 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>DUR: 1:56</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>
18	<p>Mindframe Program Manager Marc Bryant tells us why it's important for people working in the community media sector to care for themselves if they're reporting on mental illness and suicide.</p> <p>DUR: 1:51</p> <p>FW: "The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media..."</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 hear more about ReachOut Australia's new campaign which is reminding young people and their parents that there is life after Year 12 exams.</p> <p>DUR: 1:03</p> <p>FW: "As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents..."</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 about the support, information, and links to service providers and recovery groups the Butterfly Foundation provides for Australians affected by eating disorders, and their families and friends.</p> <p>DUR: 1:54</p> <p>FW: "For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>