

Community Broadcasting Suicide Prevention Project

September 2016

Track	Topic
1	<p>Rugby league legend and commentator Brett Finch speaks about his role as an ambassador for R U OK?, where he's a strong advocate for the importance of reaching out to those around us.</p> <p>DUR: 1:31</p> <p>FW: "Rugby league legend and commentator Brett Finch knows first-hand what it's like to experience depression..."</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 remind all Australians to reach out and reconnect with family and friends on R U OK? Day, which is held on September 8 this year.</p> <p>DUR: 1:20</p> <p>FW: "R U OK? Day is on the 8th of September this year, and is held on the second Thursday in September each year..."</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 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: 1:15</p> <p>FW: "Tradies are a key group of Australians who often don't have the information, confidence or support they need to access mental health services..."</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 learn about some important new Conversations Matter resources that have been developed to support discussion about suicide in Aboriginal communities.</p> <p>DUR: 1:06</p> <p>FW: "Conversations Matter is a suite of online resources developed to support community discussion about suicide..."</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 hear about the work of Leilani Darwin, an inspirational woman who won the Aboriginal and Torres Strait Islander Award at the 2016 National Suicide Prevention Conference.</p> <p>DUR: 2:07</p> <p>FW: “Leilani Darwin in an inspirational woman who recently won the Aboriginal and Torres Strait Islander Award at the National Suicide Prevention Conference...”</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 profile Kids Helpline and find out more about what’s important for young people when they’re going through a difficult time and want to get some help and support.</p> <p>DUR: 1:19</p> <p>FW: “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 25...”</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 catch up with SANE Australia CEO Jack Heath and ask why peer support is so important for people affected by mental illness.</p> <p>DUR: 1:58</p> <p>FW: “SANE Australia has launched an awareness campaign across 155 communities nationwide in a bid to improve the social connection and mental health outcomes...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>R U OK? Campaign Director Rebecca Lewis tells us about the theme of this year’s R U OK?Day.</p> <p>DUR: 1:19</p> <p>FW: “R U OK? Day is on the 8th of September this year, and is held on the second Thursday in September each year...”</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 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: 1:18</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>
10	<p>We learn about the resources provided by Children of Parents with a Mental Illness, an organisation that provides information for family members across Australia where a parent has a mental illness.</p> <p>DUR: 2:00</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>

11	<p>Rugby league legend and R U OK? ambassador Brett Finch speaks about the importance of reaching out to those around us and asking ‘are you okay?’.</p> <p>DUR: 1:36</p> <p>FW: “Rugby league legend and commentator Brett Finch is also an ambassador for R U OK?...”</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 more from 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: 1:31</p> <p>FW: “Tradies are a key group of Australians who often don’t have the information, confidence or support they need to access mental health services...”</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 CEO Pete Shmigel to find out about the support people can expect to receive if they call Lifeline on 13 11 14.</p> <p>DUR: 1:44</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>
14	<p>We learn more about some important new Conversations Matter resources that have been developed to support discussion about suicide in Aboriginal communities.</p> <p>DUR: 1:14</p> <p>FW: “Conversations Matter is a suite of online resources developed to support community discussion about 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>R U OK? Campaign Director Rebecca Lewis tells us how we can carry the idea of R U OK?Day into our lives for every other day of the year.</p> <p>DUR: 1:23</p> <p>FW: “R U OK? Day is on the 8th of September this year, and is held on the second Thursday in September each year...”</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 hear more 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: 1:39</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>

17	<p>Dr Sam Batchelor, a senior researcher with yourtown, speaks about the impacts of stigma on the ability of young people to reach out for help.</p> <p>DUR: 1:24</p> <p>FW: “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 25...”</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 about a nationwide awareness campaign SANE Australia has launched in a bid to improve the social connection and mental health outcomes for people affected by complex mental illness.</p> <p>DUR: 1:33</p> <p>FW: “SANE Australia has launched an awareness campaign across 155 communities nationwide in a bid to improve the social connection and mental health outcomes...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Rugby league legend and R U OK? ambassador Brett Finch tells us how men can go about starting a conversation with a mate who they think may be going through a difficult time.</p> <p>DUR: 1:49</p> <p>FW: “Rugby league legend and commentator Brett Finch knows first-hand what it’s like to experience depression...”</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 hear more about the work of Leilani Darwin, an inspirational woman who won the Aboriginal and Torres Strait Islander Award at the 2016 National Suicide Prevention Conference.</p> <p>DUR: 2:09</p> <p>FW: “Leilani Darwin in an inspirational woman who recently won the Aboriginal and Torres Strait Islander Award at the National Suicide Prevention Conference...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>