

Community Broadcasting Suicide Prevention Project

April 2018

Track	Topic
1	<p>We look ahead to May 25 and 26, when thousands of Australians will show their commitment to suicide prevention by coming together to be part of the 24-hour Tread Together event.</p> <p>DUR: 1:18</p> <p>FW: “This May, thousands of Australians will show their commitment to suicide prevention by coming together to be part of a 24-hour event where they can walk, run, or even dance...”</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 ReachOut CEO Jono Nicholas and ask him what young people might be able to do to stop bullying happening.</p> <p>DUR: 1:24</p> <p>FW: “Bullying is a serious issue, with one in five young people reporting an experience of bullying...”</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 catch up with the SANE StigmaWatch team to find out what you should do if you're upset or offended by the way the media is portraying mental illness or suicide, or believe what they are saying is inaccurate.</p> <p>DUR: 1:40</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide, or believed that what they were saying was inaccurate...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>Dubbo elder and R U OK? advocate Riverbank Frank encourages other Aboriginal and Torres Strait Islander men who are going through difficult times to let those around them know how they're feeling.</p> <p>DUR: 1:31</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who's well-known in the local Dubbo community as 'Riverbank Frank'...”</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 look at the work of Culture is Life, an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people.</p> <p>DUR: 1:33</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people...”</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 education, training and professional development Blue Knot Foundation provides to build skills and understanding to support adults who were traumatised as children.</p> <p>DUR: 1:57</p> <p>FW: “Blue Knot Foundation provides specialist phone counselling, support, and resources to help the 1 in 4 Australian adults who were traumatised as children recover...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>beyondblue CEO Georgie Harman explains why resilience is such an important thing to begin building from an early age.</p> <p>DUR: 1:25</p> <p>FW: “Building resilience starts from day one, and the skills can be learned by all children...”</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 ask Dr Michelle Blanchard from SANE Australia why it’s important for the media to cover suicide and mental illness with responsibly and accurately.</p> <p>DUR: 1:50</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide, or believed that what they were saying was inaccurate...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Country music singer and R U OK? advocate Jake Sinclair tells us men living in the country need to know it’s okay to seek some support if they’re struggling, with a trip to the GP a good place to start.</p> <p>DUR: 1:31</p> <p>FW: “Jake Sinclair is a country music singer and songwriter, and also a strong advocate for the importance of reaching out for help if we’re going through tough times...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

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10	<p>headspace’s Head of Clinical Practice Vikki Ryall provides some advice for young people who are unsure about reaching out for some help.</p> <p>DUR: 1:43</p> <p>FW: “If you’re a young person who’s going through a tough time, or if you’re experiencing problems with your mental health, then a great place to go for information, advice and support is headspace...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Dubbo elder and R U OK? advocate Riverbank Frank tells us he wants all Aboriginal and Torres Strait Islander to be aware of the importance of supporting each other through tough times and asking those we care about ‘are you okay?’.</p> <p>DUR: 1:44</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who’s well-known in the local Dubbo community as ‘Riverbank Frank’...”</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 learn more about the Tread Together community event, which will bring thousands of Australians together to raise awareness and funds for suicide prevention.</p> <p>DUR: 1:25</p> <p>FW: “This May, thousands of Australians will show their commitment to suicide prevention by coming together to be part of a 24-hour event where they can walk, run, or even dance...”</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 web-based resilience tips for parents and practice guide for professionals beyondblue has developed, with the aim of providing everyday strategies that can be applied in kindergartens, schools and at home.</p> <p>DUR: 1:49</p> <p>FW: “Building resilience starts from day one, and the skills can be learned by all children...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>ReachOut CEO Jono Nicholas explains some of the support options for young people if they’re experiencing bullying.</p> <p>DUR: 1:11</p> <p>FW: “Bullying sucks, there’s no doubt about it. So, it helps to know that there are some things you can do to feel less overwhelmed and isolated when you’re being targeted by a bully...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

15	<p>Dr Michelle Blanchard from SANE Australia outlines the kinds of media content people contact StigmaWatch about.</p> <p>DUR: 1:55</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide, or believed that what they were saying was inaccurate...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Will Austin from Culture Is Life provides some advice for young Indigenous people who are going through a tough time.</p> <p>DUR: 1:45</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young 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>We profile ReachOut.com, the digital mental health service for young Australians and their parents.</p> <p>DUR: 1:06</p> <p>FW: “ReachOut.com, the digital mental health service for young Australians and their parents, provides a one-stop-shop for young people to connect to personalised support when they need it most...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Dubbo elder and R U OK? advocate Riverbank Frank shares the first few lines of a poem about the importance of reaching out to those around us and checking if they're okay.</p> <p>DUR: 1:21</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who's well-known in the local Dubbo community as 'Riverbank Frank...”</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 some advice for men who have considered using the services of MensLine 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>
20	<p>We catch up with Blue Knot Foundation President Dr Cathy Kezelman to find out about some of the initial steps adult survivors of childhood trauma can take to reach out for help and support.</p> <p>DUR: 2:01</p>

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