

Community Broadcasting Suicide Prevention Project

August 2017

Track	Topic
1	<p>We catch up with Warwick Bidwell, a member of the Mates In Construction speaker's bureau who draws on his own experiences to help to raise awareness of suicide among men and to address the high rates of suicide in the construction industry.</p> <p>DUR: 1:58</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>
2	<p>We look back on the recent PPP4SPA event, which saw thousands of Australians taking part in a national 24-hour treadmill challenge to raise awareness and funds for Suicide Prevention Australia.</p> <p>DUR: 1:21</p> <p>FW: "If you visited an Anytime Fitness gym on the 28th or 29th of July, you might have witnessed some dedicated people taking part in a national 24-hour treadmill challenge..."</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 SANE Australia Help Centre Manager Suzanne Leckie, who says we should pay particular attention to our mental health during winter.</p> <p>DUR: 1:37</p> <p>FW: "If you feel like you've been struck with a case of the winter blues, you're not alone..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>Former NRL star and R U OK? ambassador Dan Conn provides some advice for people who are dealing with a major change in their lives.</p> <p>DUR: 1:44</p> <p>FW: "Former NRL star Dan Conn knows first-hand what it's like to go</p>

	<p>through difficult times, and to experience 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>
5	<p>Elisabeth Kobierski, Client Services Program and Advocacy Manager for yourtown, provides some advice for family members who want to support a parent who is having a tough time.</p> <p>DUR: 1:37</p> <p>FW: “Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia who are going through a difficult time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Rhett Foreman, a member of the Mates In Construction speaker’s bureau, provides some advice for others in the industry who are struggling with their well-being.</p> <p>DUR: 1:43</p> <p>FW: “Rhett Foreman is a manager in the construction industry who has bipolar disorder, and who knows first-hand what it’s like to go through very difficult times...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Lifeline CEO Pete Shmigel encourages all men to have the strength to reach out and get the support they need if they’re going through a tough time.</p> <p>DUR: 1:36</p> <p>FW: “A new Lifeline campaign is aiming to let more Australian men to know that it’s OK not to be OK sometimes...”</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 ReachOut Australia CEO Jono Nicholas and ask what’s new in the re-developed mobile-first ReachOut.com platform.</p> <p>DUR: 1:15</p> <p>FW: “ReachOut Australia, the digital mental health service for young Australians and their parents, has launched a brand new platform providing a one-stop-shop for young 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>We hear more about the recent PPP4SPA event, which saw thousands of Australians taking part in a national 24-hour treadmill challenge to raise awareness and funds for Suicide Prevention Australia.</p> <p>DUR: 1:25</p> <p>FW: “On the 28th or 29th of July, hundreds of Anytime Fitness clubs and members across the country stepped up to the challenge of running as teams for 24 hours on a treadmill...”</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>National mental health organisation SANE Australia provides some tips to help boost your mood this winter.</p> <p>DUR: 2:14</p> <p>FW: “If you feel like you’ve been struck with a case of the winter blues, you’re not alone....”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Rhett Foreman, a member of the Mates In Construction speaker’s bureau, encourages all industry workers who are struggling with their well-being to feel confident in reaching out to a mate.</p> <p>DUR: 1:25</p> <p>FW: “Rhett Foreman is a manager in the construction industry who has bipolar disorder, and who knows first-hand what it’s like to go through very difficult times...”</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 new ReachOut.com platform, which aims to ensure a million more young people in Australia access mental health services, and that no young person has to wait for support.</p> <p>DUR: 1:26</p> <p>FW: “ReachOut Australia, the digital mental health service for young Australians and their parents, has launched a brand new platform providing a one-stop-shop for young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>National mental health organisation SANE Australia provides some more tips to help boost your mood this winter.</p> <p>DUR: 1:53</p> <p>FW: “If you feel like you’ve been struck with a case of the winter blues, you’re not alone...”</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 Elisabeth Kobierski, Client Services Program and Advocacy Manager for yourtown, and ask what support Parentline can offer to a parent who is struggling.</p> <p>DUR: 1:21</p> <p>FW: “Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia who are going through a difficult time...”</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 learn more about the new ReachOut.com platform, which was co-designed with 174 young people and aims to ensure a million more young people in Australia access mental health services.</p> <p>DUR: 1:06</p> <p>FW: “ReachOut Australia, the digital mental health service for young Australians and their parents, has launched a brand new platform providing a one-stop-shop for young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Warwick Bidwell, a member of the Mates In Construction speaker’s bureau, tells us that men may think that they’ll get a negative reaction if they let others know that they’re struggling, but that this won’t be the case.</p> <p>DUR: 1:36</p> <p>FW: “Warwick Bidwell comes from a family filled with builders and tradies, and now works as a business mentor and coach for people in these industries...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>Lifeline CEO Pete Shmigel says men who are going through a tough time should be confident that if they contact Lifeline they’ll receive non-judgemental and confidential support.</p> <p>DUR: 1:23</p> <p>FW: “A new Lifeline campaign is aiming to let more Australian men to know that it’s OK not to be OK sometimes...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Suicide Prevention Australia Deputy CEO Kim Borrowdale explains how grassroots awareness activities such as PPP4SPA can make a difference in the well-being of communities around Australia.</p> <p>DUR: 1:35</p> <p>FW: “On the 28th or 29th of July, hundreds of Anytime Fitness clubs and members across the country stepped up to the challenge of running as teams for 24 hours on a treadmill...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Former NRL star and R U OK? ambassador Dan Conn tells us how the simple act of asking someone if they’re okay can make a major difference, especially if you then follow up with that person and offer them support.</p> <p>DUR: 1:38</p> <p>FW: “Former NRL star Dan Conn knows first-hand what it’s like to go through difficult times, and to experience 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

Rhett Foreman, a member of the **Mates In Construction** speaker's bureau, says there's a lot things men can look out for that might indicate that a workmate needs some support and someone to talk to.

DUR: 1:48

FW: "Rhett Foreman is a manager in the construction industry who has bipolar disorder, and who knows first-hand what it's like to go through very difficult times..."

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