

# Community Broadcasting Suicide Prevention Project

August 2018

Track	Topic
1	<p>We catch up with Mary Edmonds from <b>PANDA</b>, and ask why it's important for more Australians to be aware of perinatal anxiety and depression.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> "PANDA – Perinatal Anxiety and Depression Australia – provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p><b>Joe Williams</b> tells us out about his journey as an Aboriginal man living with mental illness and suicidal ideation, and how this has led to his commitment to improving the lives of others.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> "Joe Williams is a proud Wiradjuri man who not only educates others and raises awareness around suicide prevention and mental wellbeing, but also proudly shares his Aboriginal Culture..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>We look ahead to <b>R U OK?Day</b> (September 13), which is a day when all Australians are reminded of the importance of reaching out to anyone they know who might be doing it tough and asking them if they're okay.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> "R U OK? Day is held on the second Thursday in September each year, which this year is the 13th of September..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>We learn about the <b>Young Faces of Mental Illness</b> project, which helped 14 young adults experiencing mental illness to share their stories, raise awareness, reduce stigma and encourage help-seeking.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> "SANE Australia has partnered with youth mental health charity batyr to bring the stories of young people to life. ..."</p>

	<p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Stuart Lovell from <b>Huon Aquaculture</b> explains how his business started the process of creating a more mentally healthy workplace.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “Tasmanian company Huon Aquaculture recently won a Suicide Prevention Australia LiFE Award, recognising their commitment to promoting suicide prevention throughout their workplace...”</p> <p><b>LW:</b> “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 Glen Poole from the <b>Australian Men’s Health Forum</b> and ask for his advice for men about the importance of seeking help to deal with stresses and problems in their lives.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “The Australian Men’s Health Forum is the peak body for men’s health in Australia, and plays a key role in advocating for more time and resources to be put into the prevention of male suicide...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>We hear about the <b>Testing Times</b> campaign, which aims to help university students recognise that supporting someone around exam time is important, and need not be difficult or time consuming.</p> <p><b>DUR:</b> 1:58</p> <p><b>FW:</b> “Suicide prevention charity R U OK? has launched a campaign for universities with the aim of encouraging students to look out for each other, especially around exam time...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>We speak with Declan, a young person living with borderline personality disorder, about the importance of sharing his story through the <b>Young Faces of Mental Illness</b> project.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “SANE Australia has partnered with youth mental health charity batyr to bring the stories of young people experiencing mental illness to life ...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Suicide Prevention Australia LiFE Award winner <b>Joe Williams</b> tells us about his 'The Enemy Within'</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> “Joe Williams was the recent winner of a Suicide Prevention Australia LiFE Award, recognising the significant contribution he has made when it comes to suicide prevention...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” program</p>

	that he has delivered in communities around Australia.
10	<p>We learn about the <b>R U OK? Conversation Convoy</b>, which is once again travelling around the country to show Australia that we've all got what it takes to support those struggling with life.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> "R U OK? Day is held on the second Thursday in September each year, which this year is the 13th of September..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>We find out about the support <b>PANDA</b> provides to women, men and families across Australia affected by anxiety and depression during pregnancy and early parenthood.</p> <p><b>DUR:</b> 2:03</p> <p><b>FW:</b> "PANDA – Perinatal Anxiety and Depression Australia – provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
12	<p>Stuart Lovell from LiFE Award winning company <b>Huon Aquaculture</b> tells us why it's so important that management within organisations take a leading role in the promotion of mental health and prevention of suicide.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "Tasmanian company Huon Aquaculture recently won a Suicide Prevention Australia LiFE Award, recognising their commitment to promoting suicide prevention throughout their workplace..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
13	<p><b>ReachOut</b> CEO Jono Nicholas provides some advice for young people on what they might be able to do to stop bullying happening.</p> <p><b>DUR:</b> 1:25</p> <p><b>FW:</b> "Bullying is a serious issue, with one in five young people reporting an experience of bullying..."</p> <p><b>LW:</b> "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 the <b>Testing Times</b> campaign and how university students can support each other around exam time.</p> <p><b>DUR:</b> 1:48</p> <p><b>FW:</b> "Exams can often be stressful and difficult time for students, and often other students are best-placed to notice if their friends and classmates are struggling..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
15	<p>Suicide Prevention Australia LiFE Award winner <b>Joe Williams</b> tells us how</p>

	<p>he embeds Aboriginal culture and connection into his work in suicide prevention.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> “Joe Williams was the recent winner of a Suicide Prevention Australia LiFE Award, recognising the significant contribution he has made when it comes to suicide prevention...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Declan, a young person living with borderline personality disorder who is sharing his story through the <b>Young Faces of Mental Illness</b> project, encourages other young people to take the important first step of reaching out for some support.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “SANE Australia has partnered with youth mental health charity batyr to help 14 young adults experiencing mental illness to share their stories, raise awareness, reduce stigma and encourage help-seeking...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>Glen Poole from the <b>Australian Men’s Health Forum</b> encourages men to seek help as early as possible for any problems they’re facing.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> “The Australian Men’s Health Forum is the peak body for men’s health in Australia, and plays a key role in advocating for more time and resources to be put into the prevention of male suicide...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Mary Edmonds from <b>PANDA</b> provides some advice for expecting or new parents who are unsure about reaching out for help and support if they’re affected by anxiety and depression.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “PANDA – Perinatal Anxiety and Depression Australia – works to raise awareness and reduce stigma around perinatal anxiety and depression, and provides education services to health professionals and the wider community...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We find out more about <b>R U OK?Day</b> (September 13), which is a day when all Australians are reminded of the importance of reaching out to anyone they know who might be doing it tough and asking them if they’re okay.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “R U OK? Day is held on the second Thursday in September each year, which this year is the 13th of September...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

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We profile the **SANE StigmaWatch** program, which monitors the Australian media to ensure accurate and respectful representation of mental illness.

**DUR:** 1:41

**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?”

**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”