

Community Broadcasting Suicide Prevention Project

August 2019

Track	Topic
1	<p>We find out about Lifeline Australia's Holding on to Hope podcast series, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living.</p> <p>DUR: 1:23</p> <p>FW: "Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope..."</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 the R U OK? Trust the Signs Tour which is visiting every state and territory and engaging 24 communities in an educational experience.</p> <p>DUR: 1:11</p> <p>FW: "Suicide prevention organisation R U OK? are visiting towns around Australia as part of their 'Trust the Signs Tour'..."</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 with Suicide Prevention Australia CEO Nieves Murray at the end of 2019 National Suicide Prevention Conference to find out about some of her highlights from this year's event.</p> <p>DUR: 1:49</p> <p>FW: "The 2019 National Suicide Prevention Conference was held from the 22nd to the 26th of July in Melbourne..."</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 catch up with R U OK? spokesperson Rachel Quick to find out how we can reach out to a work colleague we're worried about and start a meaningful conversation with them.</p> <p>DUR: 1:53</p> <p>FW: "Many of us spend a large part of our lives at work, so we're well-placed to notice when our workmates might be going through a difficult</p>

	<p>time...”</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 learn about the Cycle Around the Globe event, which aims to raise awareness of the risks of suicide and to fund suicide prevention activities.</p> <p>DUR: 1:49</p> <p>FW: “Whether you’re a keen cyclist, someone whose bike may need some dusting off, or someone who cycles at the gym...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Ina Mullin from Lifeline Australia explains why the medium of podcasts was chosen to share the Holding on to Hope stories.</p> <p>DUR: 1:16</p> <p>FW: “Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope...”</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 find out about ASIST, and the experience people will have if they sign up for this practical suicide prevention training.</p> <p>DUR: 1:27</p> <p>FW: “We can all play a role in suicide prevention, and we can all improve our skills and understanding to help us to do so...”</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 find out more about the Cycle Around the Globe event, which aims to raise awareness of the risks of suicide and to fund suicide prevention activities.</p> <p>DUR: 1:49</p> <p>FW: “Whether you’re a keen cyclist, someone whose bike may need some dusting off, or someone who cycles at the gym...”</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 learn about the National Communications Charter, which has been designed to guide the way organisations talk about mental health and suicide prevention, with each other and with the community.</p> <p>DUR: 1:28</p> <p>FW: “The National Communications Charter promotes a common language in mental health, mental illness and suicide...”</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 speak to the team at ReachOut about how young people can deal with</p>

	<p>disturbing video content.</p> <p>DUR: 1:40</p> <p>FW: “Whether it's the latest binge-worthy show, or just a random video on YouTube, disturbing TV or videos can mess with your head long after you've stopped watching...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Suicide Prevention Australia CEO Nieves Murray tells us more about the highlights of the recent 2019 National Suicide Prevention Conference.</p> <p>DUR: 1:24</p> <p>FW: “The 2019 National Suicide Prevention Conference was held from the 22nd to the 26th of July in Melbourne...”</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 catch up with Simon Pont from Everymind to find out about the eight core principles of the National Communications Charter.</p> <p>DUR: 1:36</p> <p>FW: “The National Communications Charter promotes a common language in mental health, mental illness and suicide...”</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 find out more about Lifeline Australia’s Holding on to Hope podcast series, and the reaction people have had to sharing their stories about the connection that gave them hope to continue living.</p> <p>DUR: 1:24</p> <p>FW: “Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope...”</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 hear more about the focus of the R U OK? Trust the Signs Tour, which is visiting every state and territory and engaging 24 communities in an educational experience.</p> <p>DUR: 1:22</p> <p>FW: “Suicide prevention organisation R U OK? are visiting towns around Australia as part of their ‘Trust the Signs Tour’...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Wendy Cliff from the International Association for Suicide Prevention explains that we can all participate in the Cycle Around the Globe event, no matter what our level of fitness or cycling ability is.</p> <p>DUR: 1:33</p> <p>FW: “Whether you’re a keen cyclist, someone whose bike may need some</p>

	<p>dusting off, or someone who cycles at the gym...”</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 catch up with R U OK? spokesperson Rachel Quick to find out how we can reach out to a work colleague we’re worried about and start a meaningful conversation with them.</p> <p>DUR: 2:00</p> <p>FW: “Many of us spend a large part of our lives at work, so we’re well-placed to notice when our workmates might be 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>
17	<p>Suicide Prevention Australia CEO Nieves Murray reflects on the recent LIFE Awards, which showcase the exciting and diverse range of initiatives in suicide prevention across Australia.</p> <p>DUR: 1:43</p> <p>FW: “The 2019 National Suicide Prevention Conference was held from the 22nd to the 26th of July in Melbourne...”</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 find out more about Lifeline Australia’s Holding on to Hope podcast series, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living.</p> <p>DUR: 1:13</p> <p>FW: “Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>R U OK? spokesperson Rachel Quick explains why it’s important that we create workplace cultures where people feel confident supporting each other and asking people they’re worried about ‘are you okay?’.</p> <p>DUR: 1:59</p> <p>FW: “Many of us spend a large part of our lives at work, so we’re well-placed to notice when our workmates might be 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>
20	<p>R U OK? CEO Katherine Newton tells us more about the Trust the Signs national tour, including the giant yellow installation housing an educational experience to help people learn when to ask R U OK?</p> <p>DUR: 1:30</p> <p>FW: “Suicide prevention organisation R U OK? are visiting towns around Australia as part of their ‘Trust the Signs Tour’...”</p>

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