

Community Broadcasting Suicide Prevention Project

August 2020

Track	Topic
1	<p>We learn about the creation of the You Are Not Alone website, which gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:58</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 development of Movember Conversations, an online tool for those who want to feel more confident and informed when navigating an important conversation with a friend who might be struggling.</p> <p>DUR: 1:33</p> <p>FW: “During these turbulent times, communication and connection are more important than ever. Even if it feels a bit awkward, we need to pick up the phone and call our friends – especially if we know someone who might be struggling...”</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 find out about the Hey Sport, R U OK? campaign, which promotes a culture of mutual respect, trust, authenticity, and a shared willingness to support those in the grassroots sporting community who might be struggling.</p> <p>DUR: 1:51</p> <p>FW: “R U OK? has launched a campaign to equip community coaches with resources and tips to ensure all members of their sporting community feel safe and supported...”</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 hear about a new set of nine Family Friendly Workplace recommendations which are designed to provide employers with a guide on how best to support their employees at this time.</p> <p>DUR: 1:59</p> <p>FW: “The stresses of balancing work and family life can often impact on the wellbeing of Australian families, and coronavirus is placing even more pressure on working families...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Jackie Hallan from ReachOut tells us about some of the issues or uncertainties young people might be experiencing as a result of COVID-19.</p> <p>DUR: 1:42</p> <p>FW: “ReachOut, Australia’s leading online youth mental health service, is providing free support to young Australians during the COVID-19 outbreak to help them stay well when it comes to their mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>SANE peer ambassador Jo Buchanan explains why the You Are Not Alone website is so important for carers who are supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:59</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 the Framework for Mental Health in Multicultural Australia, a free, nationally available online resource which allows organisations and individual practitioners to evaluate and enhance their cultural responsiveness.</p> <p>DUR: 1:32</p> <p>FW: “The Embrace Project provides a national platform for Australian mental health services and multicultural communities to access resources, services and information in culturally accessible formats...”</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 Movember Conversations, an online tool for those who want to feel more confident and informed when navigating an important conversation with a friend who might be struggling.</p> <p>DUR: 1:41</p> <p>FW: “During these turbulent times, communication and connection are more important than ever. Even if it feels a bit awkward, we need to pick up the phone and call our friends – especially if we know someone who might be struggling...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Jackie Hallan from ReachOut tells us about their dedicated online resources which give young people practical tips about looking after their wellbeing during COVID-19.</p>

	<p>DUR: 1:30</p> <p>FW: “ReachOut, Australia’s leading online youth mental health service, is providing free support to young Australians during the COVID-19 outbreak to help them stay well when it comes to their mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>R U OK? Sport Advisory Group member Rachael Lynch explains why sporting clubs are such an important place for support to be offered to people who might be struggling.</p> <p>DUR: 1:46</p> <p>FW: “R U OK? has launched a campaign to equip community coaches with resources and tips to ensure all members of their sporting community feel safe and supported...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We hear how the You Are Not Alone website gives information and tools to carers that are relevant to them at any time during their carer journey when supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:33</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 find out about the support people affected by complex mental health issues, and their families and carers, can access through SANE Australia’s online forums throughout the COVID-19 outbreak.</p> <p>DUR: 1:38</p> <p>FW: “If you’re affected by complex mental health issues, then SANE Australia is here to help you throughout the COVID-19 outbreak...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>PANDA CEO Julie Borninkhof explains why it’s important for employers to make extra efforts at this time to support the wellbeing of working parents.</p> <p>DUR: 1:33</p> <p>FW: “The stresses of balancing work and family life can often impact on the wellbeing of Australian families, and coronavirus is placing even more pressure on working families...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Embrace Multicultural Mental Health project manager Ruth Das provides some advice for people from refugee and migrant backgrounds who are concerned about their mental health, or that of someone they know.</p> <p>DUR: 1:08</p>

	<p>FW: “Embrace Multicultural Mental Health is run by Mental Health Australia, and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse backgrounds...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Brendan Maher from Movember explains why it’s so important to keep our relationships strong and have conversations with people who are struggling due to the ongoing impacts of COVID-19.</p> <p>DUR: 1:35</p> <p>FW: “During these turbulent times, communication and connection are more important than ever. Even if it feels a bit awkward, we need to pick up the phone and call our friends – especially if we know someone who might be struggling...”</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 how ReachOut’s online youth forums are continuing to offer peer support in safe and established online communities during the COVID-19 outbreak.</p> <p>DUR: 1:19</p> <p>FW: “ReachOut, Australia’s leading online youth mental health service, is providing free support to young Australians during the COVID-19 outbreak to help them stay well when it comes to their mental health...”</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 learn about the resources the Hey Sport, R U OK? campaign provides to help coaches spot the signs that someone might be struggling, as well as to ask them ‘are you okay?’, and support them.</p> <p>DUR: 1:45</p> <p>FW: “R U OK? has launched a campaign to equip community coaches with resources and tips to ensure all members of their sporting community feel safe and supported...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>SANE peer ambassador Jo Buchanan explains how the You Are Not Alone website ensures carers don’t feel isolated or alone while they are supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:25</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 find out more about a new set of nine Family Friendly Workplace recommendations which are designed to provide employers with a guide on how best to support their employees at this time.</p> <p>DUR: 1:50</p> <p>FW: “The stresses of balancing work and family life can often impact on the wellbeing of Australian families, and coronavirus is placing even more pressure on working families...”</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 find out about the support people affected by complex mental health issues can access through SANE Australia’s Help Centre throughout the COVID-19 outbreak.</p> <p>DUR: 1:29</p> <p>FW: “If you’re affected by complex mental health issues, then SANE Australia is here to help you throughout the COVID-19 outbreak...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>