

# Community Broadcasting Suicide Prevention Project

December 2018

Track	Topic
1	<p>We catch up with <b>headspace</b> Senior Clinician Nick Duigan to find out why it's important for all young people to feel a sense of connection and belonging.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> "Having more of a sense of belonging is great for your mental health. The more relationships we have, the better we can get at connecting with people..."</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>Chairperson John Brogden tells us about the services and support <b>Lifeline</b> offers through a wide range of mediums.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> "If you're going through a tough time in your life, or have a problem and wish you had someone you could talk to about it..."</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 learn about <b>PANDA's</b> Mental Health Checklist for Expecting and New Parents, which provides an easy way for those who are struggling with their new role to find out whether their feelings are normal or something more serious.</p> <p><b>DUR:</b> 2:08</p> <p><b>FW:</b> "PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents..."</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 catch up with Dr Grant Blashki from <b>beyondblue</b> to get some advice on how to plan ahead if Christmas is a time where you can feel down or isolated.</p> <p><b>DUR:</b> 1:59</p> <p><b>FW:</b> "While it's usually seen as a time of celebration and family gatherings, for many of us the holiday period can be stressful or isolating..."</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>Tarn Lee from <b>QLife</b> tells us about the much-needed support they provide LGBTI people with through their web chat service.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex...”</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>Dr Grant Blashki from <b>beyondblue</b> outlines the many ways that exercise positively influences your mental health.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health...”</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>Indigenous singer and songwriter <b>Jacob Ridgeway</b> provides some advice for other Aboriginal and Torres Strait Islander people who might know someone in their lives who is going through a tough time.</p> <p><b>DUR:</b> 2:04</p> <p><b>FW:</b> “Indigenous singer and songwriter Jacob Ridgeway is a passionate supporter of R U OK?, drawing on his own journey with depression, grief and post-traumatic stress to encourage others to reach out...”</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>The <b>Butterfly Foundation</b> highlights some of the signs we can look out for that might indicate a young male is beginning to engage in harmful behaviours related to body image.</p> <p><b>DUR:</b> 2:10</p> <p><b>FW:</b> “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers...”</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><b>ReachOut</b> CEO Ashley de Silva reminds us that it’s important for young people to know that there is life after exams, and that they won’t be defined by the results they achieve.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> “End of year exams can be a highly stressful time for many young people, as can be the period where they’re waiting for results and university offers...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

10	<p>Tarn Lee from <b>QLife</b> says they would love to hear from anyone who would like to volunteer to help them engage with regional services and to support local LGBTI people.</p> <p><b>DUR:</b> 2:04</p> <p><b>FW:</b> “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex...”</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><b>headspace</b> Senior Clinician Nick Duigan explains why it’s important for all young people to feel a sense of connection to a diverse range of people in their lives.</p> <p><b>DUR:</b> 2:04</p> <p><b>FW:</b> “Having more of a sense of belonging is great for your mental health. The more relationships we have, the better we can get at connecting with people...”</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>We catch up with Danni Rowlands from the <b>Butterfly Foundation</b> and ask about the impacts of negative body image on young males in Australia.</p> <p><b>DUR:</b> 2:12</p> <p><b>FW:</b> “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers...”</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>Dr Grant Blashki from <b>beyondblue</b> provides some advice on how to deal with situations and gatherings during the Christmas period that we might find overwhelming or difficult.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “While it’s usually seen as a time of celebration and family gatherings, for many of us the holiday period can be difficult or isolating...”</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>Indigenous singer and songwriter <b>Jacob Ridgeway</b> tells us how he works his way through tough times in his life by looking at them as opportunities for growth.</p> <p><b>DUR:</b> 1:43</p> <p><b>FW:</b> “Indigenous singer and songwriter Jacob Ridgeway is a passionate supporter of R U OK?, drawing on his own journey with depression, grief and post-traumatic stress to encourage others to reach out...”</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>We catch up with Anastasia Symons from <b>R U OK?</b> to find out more about</p>

	<p>the communities they visited as part of this year's Conversation Convoy.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> "In the lead-up to this year's R U OK? Day in September, the R U OK? team travelled around the country in a Conversation Convoy..."</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><b>Lifeline</b> chairperson John Brogden explains how they're currently piloting a service that provides support via text.</p> <p><b>DUR:</b> 1:57</p> <p><b>FW:</b> "If you're going through a tough time in your life, or have a problem and wish you had someone you could talk to about it..."</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>Dr Grant Blashki from <b>beyondblue</b> provides some tips for starting an exercise routine from scratch to help improve your mental health.</p> <p><b>DUR:</b> 1:39</p> <p><b>FW:</b> "You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health..."</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>We learn more about <b>PANDA's</b> Mental Health Checklist for Expecting and New Parents, which provides an easy way for those who are struggling with their new role to find out whether their feelings are normal or something more serious.</p> <p><b>DUR:</b> 1:51</p> <p><b>FW:</b> "PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents..."</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>Suzanne Leckie from <b>SANE Australia</b> explains that many people wrongly think they don't have the skills needed to communicate with or help someone who is living with anxiety or depression.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> "Around three million Australians are affected by anxiety or depression. It's a mental illness that should be familiar to many..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
20	<p>Dr Grant Blashki from <b>beyondblue</b> provides some advice on how we can support our family, friends, workmates and neighbours during the holiday period.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> "While it's usually seen as a time of celebration and family gatherings, for many of us the holiday period can be difficult or isolating..."</p>

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