

Community Broadcasting Suicide Prevention Project

December 2019

| Track | Topic |
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| 1 | <p>SANE Australia Deputy CEO Dr Michelle Blanchard tells us about the Our Turn to Speak survey, which seeks to understand the life experiences of people living with severe and complex mental health issues.</p> <p>DUR: 1: FW: "..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 2 | <p>Rachel Bowes, Head of Crisis Services and Quality, tells us who she would encourage to contact Lifeline through their phone, chat or text services.</p> <p>DUR: 1: FW: "..."</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 Dr Grant Blashki from Beyond Blue to get some advice on how to plan ahead if Christmas is a time where you can feel down or isolated.</p> <p>DUR: 1: FW: "..."</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 learn about RUOK Mate, an Action on Google where you can role play scenarios and get tips on how, when and where to ask 'are you okay?'. DUR: 1: FW: "..."</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 catch up with SANE Australia CEO Jack Heath to find out how you can look after yourself if you're caring for someone with complex mental health issues.</p> <p>DUR: 1:</p> |

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| | <p>FW: “...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 6 | <p>We learn more about the Our Turn to Speak survey, which seeks to understand the life experiences of people living with severe and complex mental health issues.</p> <p>DUR: 1:</p> <p>FW: “...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 7 | <p>Author, journalist, mental health advocate and Beyond Blue worker Jill Stark tells us about the common problem of Imposter Syndrome.</p> <p>DUR: 1:</p> <p>FW: “...”</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 about the support and services you can access from Lifeline throughout the holiday period.</p> <p>DUR: 1:</p> <p>FW: “...”</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 PANDA at Work Toolkit, which provides a range of resources for managers and HR professionals to support the mental health of their staff members who are expecting a baby, on parental leave or returning to work after having a baby.</p> <p>DUR: 1:</p> <p>FW: “...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 10 | <p>Rachel Bowes, Head of Crisis Services and Quality, provides some advice for people who aren’t sure about taking the important first step of reaching out for some help by contacting Lifeline.</p> <p>DUR: 1:</p> <p>FW: “...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 11 | <p>Dr Grant Blashki from Beyond Blue provides some advice on how to deal with situations and gatherings during the Christmas period that we might find overwhelming or difficult.</p> <p>DUR: 1:</p> <p>FW: “...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |

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| 12 | <p>SANE Australia CEO Jack Heath explains how people who are caring for someone with complex mental health issues can ensure they look after themselves as well.</p> <p>DUR: 1:</p> <p>FW: "..."</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 why it's important for the Our Turn to Speak survey to develop a better understanding of the individual experiences of people living with severe and complex mental health issues.</p> <p>DUR: 1:</p> <p>FW: "..."</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 learn about the role legendary surfer and R U OK? Ambassador Layne Beachley is playing in promoting RUOK Mate, an Action on Google where you can role play scenarios and get tips on how, when and where to ask 'are you okay?'.</p> <p>DUR: 1:</p> <p>FW: "..."</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 find out more about the support and services you can access from Lifeline throughout the holiday period.</p> <p>DUR: 1:</p> <p>FW: "..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 16 | <p>Author, journalist, mental health advocate and Beyond Blue worker Jill Stark tells us about some of the things people can do if they're experiencing Imposter Syndrome.</p> <p>DUR: 1:</p> <p>FW: "..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 17 | <p>SANE Australia Deputy CEO Dr Michelle Blanchard tells us who she would encourage to be involved in the Our Turn to Speak survey, the largest survey of its kind ever conducted in Australia.</p> <p>DUR: 1:</p> <p>FW: "..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 18 | <p>Rachel Bowes, Head of Crisis Services and Quality, explains that you don't have to be at risk of suicide to reach out to Lifeline for help.</p> |

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| 19 | <p>SANE Australia CEO Jack Heath explains more about how people who are caring for someone with complex mental health issues can ensure they look after themselves as well.</p> <p>DUR: 1:</p> <p>FW: "..."</p> <p>LW: "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 Beyond Blue provides some advice on how we can support our family, friends, workmates and neighbours during the holiday period.</p> <p>DUR: 1:</p> <p>FW: "..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |