

# Community Broadcasting Suicide Prevention Project

February 2017

Track	Topic
1	<p>We profile the series of '<b>manspeak</b>' videos which has been developed by R U OK? to encourage men to get comfortable asking their mates if they're ok.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> "In an ideal world, men who are struggling or in crisis would feel confident and empowered enough to ask for help..."</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>We hear about the free and confidential support young people aged 15-24 can access through <b>headspace</b> if they're worried about work or study.</p> <p><b>DUR:</b> 2:06</p> <p><b>FW:</b> "If you're aged between 15 and 24 and worried about work or study, you can get free and confidential support from headspace..."</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 catchup with Sophie Potter from <b>ReachOut Australia</b> to find out why it's important for us to look after ourselves during and after a break up.</p> <p><b>DUR:</b> 1:04</p> <p><b>FW:</b> "Coping with a break up can be incredibly hard. Many people feel a sense of grief or loss after a relationship ends..."</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 profile <b>Perinatal Anxiety and Depression Australia (PANDA)</b> and the services they provide to expecting and new parents, including a specialist national mental health telephone counselling service.</p> <p><b>DUR:</b> 1:50</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>

5	<p>The <b>SANE Help Centre</b> provides some practical tips for managing and overcoming disappointment.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “From time to time, we all experience disappointment – whether it’s because our team has lost the grand final, we didn’t get a job we really wanted, or some other reason...”</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 hear about the peer-supported telephone and web-based services <b>QLife</b> provides to diverse people of all ages.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex – or LGBTI - 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>
7	<p>We catch up with <b>Mindframe</b> Program Manager Marc Bryant to find out more about the support they offer to media around Australia.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</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 learn about the support you can access through <b>beyondblue</b> if you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue</i>...”</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>We hear how the <b>Digital Work and Study Service</b> can support young people in exploring suitable education options, assist them with getting into study, and help them to source financial support for your education.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “If you’re aged between 15 and 24 and worried about work or study, you can get free and confidential support from headspace...”</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><b>R U OK?</b> campaign director Katherine Newton explains how men can address some of the awkwardness that sometimes prevents them from asking a mate if they’re okay.</p>

	<p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Men are statistically less likely than women to seek help when they’re struggling with life, feeling overwhelmed or suffering from mental health issues...”</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>Sophie Potter from <b>ReachOut Australia</b> outlines some things you can do that may help you feel a bit better after a break up.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “Many people feel a sense of grief or loss after a relationship ends, as though something is missing from their 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>
12	<p>We find out about the support and information people can access through the <b>SANE Help Centre</b> if they have any questions about mental illness and related topics.</p> <p><b>DUR:</b> 1:56</p> <p><b>FW:</b> “If you have any questions about mental illness and related topics, then a great place to get the information you need is by calling the SANE Helpline...”</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>We learn about the support <b>Lifeline</b> can provide 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>DUR:</b> 1:58</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 – then help is just a phone call or mouse click away...”</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 profile the <b>Heads Up</b> website, which provides a wide range of resources, information and advice to help everyone in the workplace play their part in creating a mentally healthy working environment.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “At any given time, one in five employees in Australian workplaces are likely to be experiencing a mental health condition...”</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 <b>Mindframe</b> Program Manager Marc Bryant to hear how they are working with media educators to ensure future media workers receive training and guidance on reporting of mental health and suicide before embarking on their careers.</p> <p><b>DUR:</b> 1:27</p>

	<p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</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>We hear how the <b>Digital Work and Study Service</b> can assist young people with practical things related to employment such as creating a winning resume, career planning, job searching, and interview preparation.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “If you're aged between 15 and 24 and worried about work or study, you can get free and confidential support from headspace...”</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>Sophie Potter from <b>ReachOut Australia</b> explains that while there are some things you can do that may help you feel better after a break up, it may also be important to seek some help if you're having ongoing feelings of sadness.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “Coping with a break up can be incredibly hard. Many people feel a sense of grief or loss after a relationship ends...”</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><b>R U OK?</b> campaign director Katherine Newton explains four simple steps we can take to start and navigate a meaningful conversation with a mate.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> “Men are statistically less likely than women to seek help when they're struggling with life, feeling overwhelmed or suffering from mental health issues...”</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>SANE Help Centre advisor Suzanne Leckie tells us about the <b>SANE Forums</b>, where people with a lived experience of mental illness and carers can share their experiences.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “If you have any questions about mental illness and related topics, then a great place to get the information you need is by calling the SANE Helpline...”</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>We learn about the <b>QLife Guides</b>, which provide health professionals with practical information on some frequently asked topics about working with LGBTI people.</p> <p><b>DUR:</b> 1:58</p> <p><b>FW:</b> “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex – or LGBTI - people...”</p>

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