

Community Broadcasting Suicide Prevention Project

February 2019

Track	Topic
1	<p>We find out about the digital care package ReachOut has created to help young people deal with the pressures associated with living in drought-affected communities.</p> <p>DUR: 1:26</p> <p>FW: “ReachOut has created a digital care package to help young people deal with the pressures associated with living in drought-affected communities...”</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 catch up with CEO Brendan Maher and ask him how people around Australia are engaging with the R U OK? message.</p> <p>DUR: 1:47</p> <p>FW: “R U OK? is an organisation that promotes the idea that we can all help to support each other....”</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 profile the SANE Help Centre, which is a great place to contact if you have any questions about mental illness and related topics.</p> <p>DUR: 1:28</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre...”</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 new research which shows that large numbers of young people regularly experience cyberbullying in Australia.</p> <p>DUR: 1:12</p> <p>FW: “New research by youth service ReachOut shows that large numbers of young people regularly experience cyberbullying in Australia...”</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 Beyond Blue's Be You initiative, which aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools.</p> <p>DUR: 2:02</p> <p>FW: "One in seven young people aged between four and 17 has experienced a mental health issue in the past 12 months..."</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 find out about the anonymous help and support you can access through Lifeline's telephone service, as well as key services you can access online, including their chat service.</p> <p>DUR: 1:48</p> <p>FW: "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>LW: "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 Acting SANE Help Centre Lead Melissa Wilson to find out the kinds of issues people call the SANE Helpline about.</p> <p>DUR: 1:54</p> <p>FW: "If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
8	<p>R U OK? CEO Brendan Maher tells us how people around Australia can connect with and support each other throughout 2019.</p> <p>DUR: 1:38</p> <p>FW: "R U OK? is an organisation that promotes the idea that we can all help to support each other..."</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 find out about the online mental health training and resources Be You provides to support busy principals, teachers and early learning professionals.</p> <p>DUR: 1:32</p> <p>FW: "One in seven young people aged between four and 17 has experienced a mental health issue in the past 12 months..."</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 learn more about the content and case studies young people living in drought-affected communities will find when they access ReachOut's digital care package.</p> <p>DUR: 1:31</p>

	<p>FW: “ReachOut has created a digital care package to help young people deal with the pressures associated with living in drought-affected communities...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Lifeline chairperson John Brogden explains the service they’re piloting which provides support via text.</p> <p>DUR: 2:01</p> <p>FW: “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>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 ReachOut CEO Ashley de Silva and ask him what steps parents can take to prevent cyberbullying from happening to young people.</p> <p>DUR: 1:49</p> <p>FW: “New research by youth service ReachOut shows that up to 380,000 young people a year experience cyberbullying in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>headspace Senior Clinician Nick Duigan explains that one of the keys to developing more connections and finding a sense of belonging is to develop our social skills.</p> <p>DUR: 1:46</p> <p>FW: “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 from all walks of life and the more we learn about ourselves...”</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 catch up with Acting SANE Help Centre Lead Melissa Wilson and ask her what people can expect if they call the SANE Helpline.</p> <p>DUR: 1:40</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Beyond Blue CEO Georgie Harman encourages all educators, as well as families, to access the free Be You mental health resources.</p> <p>DUR: 1:53</p> <p>FW: “One in seven young people aged between four and 17 has experienced a mental health issue in the past 12 months...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

16	<p>R U OK? CEO Brendan Maher explains how we should approach starting a conversation with someone we're worried about.</p> <p>DUR: 2:11</p> <p>FW: "R U OK? is an organisation that promotes the idea that we can all help to support each other..."</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 profile QLife, a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones.</p> <p>DUR: 1:31</p> <p>FW: "QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
18	<p>ReachOut CEO Ashley de Silva shares some tips for young people for dealing with the stress that can be caused by droughts.</p> <p>DUR: 1:42</p> <p>FW: "ReachOut has created a digital care package to help young people deal with the pressures associated with living in drought-affected communities..."</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 catch up with headspace Senior Clinician Nick Duigan and ask him why it's important for all young people to feel a sense of connection and belonging.</p> <p>DUR: 1:35</p> <p>FW: "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 from all walks of life and the more we learn about ourselves..."</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 what young people can do if they're experiencing cyberbullying, and how their parents can support them.</p> <p>DUR: 1:52</p> <p>FW: "New research by youth service ReachOut shows that up to 380,000 young people a year experience cyberbullying in Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>