



COMMUNITY
BROADCASTING
ASSOCIATION OF
AUSTRALIA

Community Broadcasting Suicide Prevention Project

January 2019

Track	Topic
1	<p>SANE Australia Psychologist Suzanne Leckie explains why it's important that we address some of the misconceptions people have about what it's like to live with depression or anxiety.</p> <p>DUR: 1:52</p> <p>FW: "Around three million Australians are affected by anxiety or depression. It's a mental illness that should be familiar to many..."</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 learn about the counselling and referral services QLife provides for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones.</p> <p>DUR: 1:29</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>
3	<p>We catch up with chairperson John Brogden and ask him about the experience people will get if they contact Lifeline.</p> <p>DUR: 1:45</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>
4	<p>We learn about PANDA's 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>DUR: 1:56</p> <p>FW: "PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents..."</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>MATES in Construction CEO Jorgen Gullestrup outlines some steps companies can take to develop workplace cultures and programs that keep workers safe.</p> <p>DUR: 1:56</p> <p>FW: “MATES in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</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 catch up with headspace Senior Clinician Nick Duigan to find out how young people can go about broadening their range of relationships and connections.</p> <p>DUR: 1:39</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Dr Grant Blashki from beyondblue reminds us that the start of a new year can be a good time to get some help and support to help us deal with mental health issues.</p> <p>DUR: 2:01</p> <p>FW: “For many of us, the beginning of a new year is a great time to reassess our lives and set some goals for the future...”</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 why it’s important to our well-being to try and achieve some work-life balance, especially in the age of modern technology.</p> <p>DUR: 1:59</p> <p>FW: “‘Work-life balance’ is a phrase we all hear often – and it describes a goal that anyone who’s ever been employed relates to...”</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 hear about the ReachOut Parents website, which is a great place to go to build your skills and learn more about common issues your teenager may be dealing with.</p> <p>DUR: 1:53</p> <p>FW: “If you’re a parent with a teenager, then accessing some practical information and advice may help you to support them through everyday issues and tough times...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
10	<p>Tarn Lee from QLife tells us about the types of problems or issues people contact them about.</p> <p>DUR: 1:46</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>
11	<p>We find out about the information, advice and support you can access from headspace if you’re a young person who’s experiencing depression, or if you’re going through a tough time.</p> <p>DUR: 2:02</p> <p>FW: “If you’re a young person who’s experiencing problems with your mental health, or if you’re going through a bit of a tough time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>ReachOut CEO Ashley de Silva highlights some of the signs parents can look out for that might indicate their child is being cyber bullied.</p> <p>DUR: 1:53</p> <p>FW: “New research shows that more than one in three Australian school students who have been bullied reported it happened online...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Sarah Marlowe from PANDA tells why it’s important for new and expecting parents to seek more information or help if they’re at all worried about their own well-being.</p> <p>DUR: 1:59</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Dr Grant Blashki from beyondblue reminds us that if we’ve been having some mental health issues, it could be a good time for a New Year’s resolution to get on the front foot and make a plan.</p> <p>DUR: 1:40</p> <p>FW: “For many of us, the beginning of a new year is a great time to reassess our lives and set some goals for the future...”</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 how to achieve a work-life balance by ensuring we’re able to switch off and relax sometimes.</p>

	<p>DUR: 1:58</p> <p>FW: “‘Work-life balance’ is a phrase we all hear often – and it describes a goal that anyone who’s ever been employed relates to...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p><i>beyondblue</i> CEO Georgie Harman explains why resilience is such an important thing to begin building from an early age.</p> <p>DUR: 1:28</p> <p>FW: “Building resilience starts from day one, and the skills can be learned by all children. Parents and professionals who work with children can help kids develop resilience by creating safe challenges...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>Chairperson John Brogden provides some advice for people who might be unsure about taking the first step and contacting Lifeline.</p> <p>DUR: 2:13</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>
18	<p>Sophie Potter encourages parents to share their experiences with, and learn from, other parents through the online ReachOut Parents discussion forums.</p> <p>DUR: 1:30</p> <p>FW: “If you’re a parent with a teenager, then accessing some practical information and advice may help you to support them through everyday issues and tough times...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>headspace Senior Clinician Nick Duigan explains the importance of helping young people experiencing mental health conditions to develop connections and their sense of belonging.</p> <p>DUR: 1:36</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>SANE Australia Psychologist Suzanne Leckie explains that one of the common misconceptions people have about depression or anxiety is that it’s a sign of weakness.</p> <p>DUR: 1:45</p> <p>FW: “Around three million Australians are affected by anxiety or depression. It’s a mental illness that should be familiar to many...”</p>

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