

Community Broadcasting Suicide Prevention Project

July 2017

Track	Topic
1	<p>We learn about a new Lifeline campaign which aims to let more Australian men to know that it's OK not to be OK sometimes.</p> <p>DUR: 1:51</p> <p>FW: "A new Lifeline campaign is aiming to let more Australian men to know that it's OK not to be OK sometimes..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p>Former NRL star and R U OK? ambassador Dan Conn tells us why he's so passionate about helping other men to seek help and get the support they need if they're having problems.</p> <p>DUR: 1:52</p> <p>FW: "Former NRL star Dan Conn is highly passionate about helping other men to seek help and get the support they need if they're having problems with their mental health..."</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 Suicide Prevention Australia Deputy CEO Kim Borrowdale to find out about this year's National Suicide Prevention Conference and its theme.</p> <p>DUR: 1:10</p> <p>FW: "The 2017 National Suicide Prevention Conference, to be held from the 26th to the 29th of July in Brisbane, will bring together a range of people and organisations working and researching in the area of suicide prevention..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>Elisabeth Kobierski from yourtown provides some advice for parents who are having a tough time and looking for support.</p> <p>DUR: 2:01</p> <p>FW: "Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia"</p>

	<p>who are going through a difficult time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Rhett Foreman, a member of the Mates In Construction speaker’s bureau, tells us why he encourages colleagues to work together to reduce suicide rates in the building and construction industry.</p> <p>DUR: 1:27</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 learn about the support the Butterfly Foundation provides for the large numbers of Australians affected by eating disorders, and their families and friends.</p> <p>DUR: 2:11</p> <p>FW: “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 and recovery groups...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Pete Shmigel, CEO of Lifeline, tells us about some of the services Lifeline provides for people who are feeling suicidal.</p> <p>DUR: 1:46</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 – then help is just a phone call or mouse click away...”</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 learn more about Our Toughest Challenge Yet, a campaign developed in response to the high rates of Aussie blokes who are in so much pain, they take their own lives.</p> <p>DUR: 1:25</p> <p>FW: “A new Lifeline campaign is aiming to let more Australian men to know that it’s OK not to be OK sometimes...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>headspace’s Head of Clinical Practice Vikki Ryall provides some advice for parents who are worried about the well-being of a young person.</p> <p>DUR: 1:48</p> <p>FW: “If you’re the parent of a young person who’s going through a tough time, or if they’re experiencing problems with their mental health - then a great place to go for information and advice is headspace...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
10	<p>Elisabeth Kobierski from yourtown tells us what advice she would give a friend, or even a stranger, who wanted to support a parent who was having a tough time.</p> <p>DUR: 1:42</p> <p>FW: “Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia who are going through a difficult time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Jeremy Forbes, the founder of HALT, tells us why starting a conversation with a friend or fellow tradie you think is struggling is so important.</p> <p>DUR: 1:34</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Former NRL star and R U OK? ambassador Dan Conn encourages others, especially men, not to keep the way they’re feeling hidden from those around them.</p> <p>DUR: 1:21</p> <p>FW: “Former NRL star Dan Conn is highly passionate about helping other men to seek help and get the support they need if they’re having problems with their mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Rhett Foreman, a member of the Mates In Construction speaker’s bureau, tells us more about why he’s so committed to helping to reduce suicide rates in the building and construction industry.</p> <p>DUR: 1:37</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>
14	<p>We learn about the SANE Forums, which provide a genuine online peer-to-peer support service for people affected by mental illness, including carers and families, as well as people with lived experience of mental illness.</p> <p>DUR: 1:33</p> <p>FW: “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness, including carers and families, as well as people with lived experience of mental illness...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
15	<p>Butterfly Foundation CEO Christine Morgan tells us about the importance of reaching out and asking for help if you’re affected by an eating disorder.</p> <p>DUR: 1:55</p> <p>FW: “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 and recovery groups...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Lifeline CEO Pete Shmigel explains how men can play an important role in reaching out to their mates and encouraging them to seek support if they’re going through a difficult time.</p> <p>DUR: 1:34</p> <p>FW: “A new Lifeline campaign is aiming to let more Australian men to know that it’s OK not to be OK sometimes...”</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 catch up with Butterfly Foundation CEO Christine Morgan, and ask her if it’s becoming easier for people in Australia to talk about eating disorders and body image.</p> <p>DUR: 2:08</p> <p>FW: “It is estimated that four per cent of the Australian population suffers from an eating disorder, and that less than 25 per cent of those affected are in treatment...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Suicide Prevention Australia Deputy CEO Kim Borrowdale explains who should attend the 2017 National Suicide Prevention Conference, and what previous attendees have said about their conference experience.</p> <p>DUR: 1:36</p> <p>FW: “The 2017 National Suicide Prevention Conference, to be held from the 26th to the 29th of July in Brisbane...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Rhett Foreman, a member of the Mates In Construction speaker’s bureau, tells us how building and construction companies and managers can promote the well-being of their workers and normalise conversations around suicide.</p> <p>DUR: 1:31</p> <p>FW: “Rhett Foreman is a manager in the construction industry who has bipolar disorder, and who knows first-hand what it’s like to go through very difficult times...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
20	<p>Former NRL star and R U OK? ambassador Dan Conn tells us how the simple act of asking someone if they’re okay can change lives.</p> <p>DUR: 1:34</p> <p>FW: “Former NRL star Dan Conn is highly passionate about helping other men to seek help and get the support they need if they’re having problems with their mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>