

# Community Broadcasting Suicide Prevention Project

July 2018

Track	Topic
1	<p>We find out about <b>Testing Times</b>, a new campaign R U OK? has launched for universities with the aim of encouraging students to look out for each other, especially around exam time.</p> <p><b>DUR:</b> 1:53</p> <p><b>FW:</b> “Exams can often be stressful and difficult time for students, and often other students are best-placed to notice if their friends and classmates are struggling...”</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 <b>Young Faces of Mental Illness</b> project, which helped 14 young adults to share their stories, raise awareness, reduce stigma and encourage help-seeking.</p> <p><b>DUR:</b> 1:57</p> <p><b>FW:</b> “SANE Australia has partnered with youth mental health charity batyr (ba-teer) to bring the stories of young people to 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>
3	<p>We catch up with Sue Murray from Suicide Prevention Australia to find about the theme for this year’s <b>National Suicide Prevention Conference</b>.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “The 2018 National Suicide Prevention Conference will be held from the 23<sup>rd</sup> to the 26<sup>th</sup> of July in Adelaide...”</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 catch up with <b>beyondblue</b>’s CEO Georgie Harman to find out about the signs and symptoms of anxiety.</p> <p><b>DUR:</b> 1:51</p> <p><b>FW:</b> “Anxiety is more than just feeling stressed or worried. It’s a serious condition that makes it hard to cope with daily life...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
5	<p><b>SANE Australia Peer Ambassador Simon Clark</b> shares some of this strategies for dealing with life’s ups and downs.</p> <p><b>DUR:</b> 1:19</p> <p><b>FW:</b> “Why is the cliché 'life has its ups and downs' so difficult to apply when we find ourselves in a down moment?”</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 profile <b>ReachOut.com</b>, the digital mental health service for young Australians and their parents which a one-stop-shop for young people to connect to personalised support when they need it most.</p> <p><b>DUR:</b> 1:03</p> <p><b>FW:</b> “ReachOut.com, the digital mental health service for young Australians and their parents, provides a one-stop-shop for young people to connect to personalised support...”</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>R U OK? Campaign Director Katherine Newton explains what the <b>Testing Times</b> campaign aims to achieve.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “Suicide prevention charity R U OK? has launched a campaign for universities with the aim of encouraging students to look out for each other, especially around exam time...”</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 catch up Sophie Potter from <b>ReachOut</b> to find out why it’s important for all parents to get some help and advice when they need it.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “If you’re a parent with a teenager, ReachOut Parents is a great place to go to build your skills and learn more about common issues they may be dealing with...”</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 some advice for men who have considered using the services of <b>MensLine</b>, but haven’t taken the first step.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “If you’re a man who needs someone to talk to about the problems you’re facing, then why not give MensLine Australia a call, or visit them online...”</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>Dr Michelle Blanchard from <b>SANE Australia</b> explains why it’s important for young people experiencing a mental health difficulty to be able to share</p>

	<p>their own stories and experiences.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “SANE Australia has partnered with youth mental health charity batyr (ba-teer) to bring the stories of young people to 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>
11	<p><b>headspace’s</b> Head of Clinical Practice Vikki Ryall provides some advice for parents who are worried about the well-being of a young person.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “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...”</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 learn about the <b>Blue Knot Foundation</b>, which provides specialist phone counselling, support, education, resources, and training to help adults traumatised as children recover.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “Blue Knot Foundation provides specialist phone counselling, support, education, resources, and training to help adults traumatised as children recover...”</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 hear about the access to mental health support services <b>Lifeline</b> provides to all Australians, including their telephone and chat services.</p> <p><b>DUR:</b> 1:28</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...”</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><b>SANE Australia Peer Ambassador Simon Clark</b> shares some more advice for dealing with life’s ups and downs.</p> <p><b>DUR:</b> 1:16</p> <p><b>FW:</b> “Why is the cliché 'life has its ups and downs' so difficult to apply when we find ourselves in a down moment?”</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 hear about the young adults who have shared their stories as part of the <b>Young Faces of Mental Illness</b> project.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “SANE Australia has partnered with youth mental health charity batyr (ba-teer) to bring the stories of young people to life...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
16	<p>We learn more about the 2018 <b>National Suicide Prevention Conference</b>, which will be held from July 23-26 in Adelaide.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “The 2018 National Suicide Prevention Conference will be held from the 23<sup>rd</sup> to the 26<sup>th</sup> of July in Adelaide...”</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>We hear more about <b>ReachOut Parents</b>, which is a great place for parents with teenagers to go to build their skills and learn more about common issues they may be dealing with.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “If you’re a parent with a teenager, ReachOut Parents is a great place to go to build your skills and learn more about common issues they may be dealing with...”</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>R U OK? Campaign Director Katherine Newton tells us more about the key messages of the <b>Testing Times</b> campaign, which aims to help university students recognise that supporting someone around exam time is important.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Suicide prevention charity R U OK? has launched a campaign for universities with the aim of encouraging students to look out for each other, especially around exam time...”</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>We hear about the <b>BeyondNow</b> app, which is a great way to give yourself confidential and convenient access to your safety plan if you or someone close to you is experiencing suicidal thoughts or feelings.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> “If you or someone close to you is experiencing suicidal thoughts or feelings, safety planning can help you get through the tough moments...”</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 how you can use <b>Lifeline’s</b> online service finder to locate health and community services in your area.</p> <p><b>DUR:</b> 1:27</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...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>