

Community Broadcasting Suicide Prevention Project

July 2019

Track	Topic
1	<p>We learn how you can contribute to building a suicide safety net around your community by taking part in the Applied Suicide Intervention Skills Training (ASIST) program.</p> <p>DUR: 1:24</p> <p>FW: “We can all play a role in suicide prevention, and we can all improve our skills and understanding to help us to do so...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>R U OK? spokesperson Rachel Quick explains why it’s important for us to look after each other at work.</p> <p>DUR: 1:46</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 speak to the team at ReachOut about how young people can deal with disturbing video content.</p> <p>DUR: 1:36</p> <p>FW: “Whether it’s the latest binge-worthy show, or just a random video on YouTube, disturbing TV or videos can mess with your head long after you’ve stopped watching...”</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 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: 1:08</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</p>

	the support of the Australian Government Department of Health.”
5	<p>We learn about some of the highlights of this year’s National Suicide Prevention Conference, including the presentation of the 2019 LiFE Awards.</p> <p>DUR: 1:45</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</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 hear about the mental health support services Lifeline provides to all Australians.</p> <p>DUR: 1:44</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 away, or a mouse click or text if you prefer...”</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 PANDA CEO Terri Smith and ask why it’s important that all Australians have the confidence to reach out for the perinatal anxiety and depression support they need as early as possible.</p> <p>DUR: 1:43</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service...”</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 catch up with R U OK? to find out how we can support the people we work with, and the signs to look out for that might indicate they need us to check in with them.</p> <p>DUR: 1:56</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>Shayne Connell from LivingWorks Australia explains why it’s important for us all to have the skills we need to contribute to building a suicide safety net around our community.</p> <p>DUR: 1:33</p> <p>FW: “We can all play a role in suicide prevention, and we can all improve our skills and understanding to help us to do so...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	We catch up with Melissa Wilson from SANE Australia to find out the kinds

	<p>of issues people call the SANE Helpline about.</p> <p>DUR: 1:38</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>
11	<p>Jackie Hallan from ReachOut Australia reminds young people that a lot of content they watch can come from a very specific perspective and is often highly dramatised.</p> <p>DUR: 1:27</p> <p>FW: “Whether it's the latest binge-worthy show, or just a random video on YouTube, disturbing TV or videos can mess with your head long after you've stopped watching...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Jonathan Leeming from Suicide Prevention Australia tells us about some of the highlights of this year’s National Suicide Prevention Conference, including the various streams that will be part of the conference program.</p> <p>DUR: 1:39</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>We speak with the team at headspace to find out how young people can go about broadening their range of relationships and connections.</p> <p>DUR: 1:38</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 R U OK? to find out more about how we can support the people we work with, and the signs to look out for that might indicate they need us to check in with them.</p> <p>DUR: 1:48</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>
15	<p>We hear more about the mental health support services Lifeline provides to all Australians.</p> <p>DUR: 1:54</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 a mouse click away, or even a text if you prefer...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>PANDA CEO Terri Smith outlines the support people in rural and remote areas will get if they call the National Perinatal Anxiety and Depression Helpline.</p> <p>DUR: 1:50</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service...”</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 Melissa Wilson from SANE Australia and ask her what people can expect if they call the SANE Helpline.</p> <p>DUR: 1:26</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>
18	<p>We find out more about the ASIST suicide prevention training program, and why it’s important for as many people in our community as possible to have the skills they need to help someone who is at risk of suicide.</p> <p>DUR: 1:14</p> <p>FW: “We can all play a role in suicide prevention, and we can all improve our skills and understanding to help us to do so...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Jackie Hallan from ReachOut Australia encourages young people to seek support if they’ve watched video content which has stirred up past trauma.</p> <p>DUR: 1:25</p> <p>FW: “Whether it’s the latest binge-worthy show, or just a random video on YouTube, disturbing TV or videos can mess with your head long after you’ve stopped watching...”</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 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: 1:29</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>

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