

Community Broadcasting Suicide Prevention Project

July 2020

Track	Topic
1	<p>We find out about the anonymous help and support you can access through Lifeline's telephone service.</p> <p>DUR: 1:33</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..."</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 John Brady from Mates in Construction and ask what people in the construction industry can do if an apprentice is being bullied.</p> <p>DUR: 1:12</p> <p>FW: "Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries..."</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 learn about the target audiences of the Embrace Project, which provides a national platform for Australian mental health services and multicultural communities to access resources, services and information in culturally accessible formats.</p> <p>DUR: 1:26</p> <p>FW: "Embrace Multicultural Mental Health is run by Mental Health Australia, and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse backgrounds..."</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 Suicide Prevention Australia's Quality Improvement Program, which helps suicide prevention organisations in Australia implement mechanisms for assuring the quality, effectiveness and fidelity of programs.</p> <p>DUR: 1:19</p>

	<p>FW: “Suicide Prevention Australia has developed a Quality Improvement Program that helps suicide prevention organisations in Australia implement mechanisms for assuring the quality, effectiveness and fidelity of programs...”</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 catch up with PANDA CEO Julie Borninkhof to find out about some of the issues facing new and expecting mums who are working from home.</p> <p>DUR: 2:09</p> <p>FW: “Even though COVID-19 restrictions are starting to ease around the country, working from home will continue to be a reality for many people for some time...”</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 wide range of resources provided online by StandBy - Support after Suicide for people bereaved by or impacted by suicide.</p> <p>DUR: 1:52</p> <p>FW: “StandBy - Support after Suicide is Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide...”</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 find out more about the Embrace Project, which provides a national platform for Australian mental health services and multicultural communities to access resources, services and information in culturally accessible formats.</p> <p>DUR: 1:28</p> <p>FW: “Embrace Multicultural Mental Health is run by Mental Health Australia, and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse backgrounds...”</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 about some of the key Lifeline services you can access online, including their chat service.</p> <p>DUR: 2:05</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 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>

<p>9</p>	<p>John Brady from Mates in Construction explains what people in the construction industry can do to help an apprentice who is experiencing bullying.</p> <p>DUR: 1:32</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>10</p>	<p>We hear about some new resources PANDA has developed to support new and expecting mums who are working from home.</p> <p>DUR: 1:59</p> <p>FW: “Even though COVID-19 restrictions are starting to ease around the country, working from home will continue to be a reality for many people for some time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>11</p>	<p>We encourage more workplaces to engage with Mates in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p>DUR: 1:59</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>12</p>	<p>Simon Pont from Suicide Prevention Australia explains how the Quality Improvement Program provides a level of confidence for the community, especially those seeking help for suicidal behaviour.</p> <p>DUR: 1:15</p> <p>FW: “Suicide Prevention Australia has developed a Quality Improvement Program that helps suicide prevention organisations in Australia implement mechanisms for assuring the quality, effectiveness and fidelity of programs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>13</p>	<p>We find out more about the wide range of resources provided online by StandBy – Support after Suicide for people bereaved by or impacted by suicide, including some free resources for supporting children and teens after a suicide.</p> <p>DUR: 1:37</p> <p>FW: “StandBy – Support after Suicide is Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

<p>14</p>	<p>We find out more about some new resources PANDA has developed to support new and expecting mums who are working from home, and to encourage them to go easy on themselves.</p> <p>DUR: 1:55</p> <p>FW: “Even though COVID-19 restrictions are starting to ease around the country, working from home will continue to be a reality for many people for some time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>15</p>	<p>We find out more about the support and suicide prevention services Lifeline provide to those experiencing a personal crisis, including their text service.</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 away, or a mouse click 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>
<p>16</p>	<p>John Brady from Mates in Construction tells us some of the steps apprentices in the construction industry can take if they’re experiencing bullying.</p> <p>DUR: 1:42</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>17</p>	<p>We learn about Mentoring Men, a program which focuses on goal-setting and personal development to help men build confidence and self-esteem.</p> <p>DUR: 1:23</p> <p>FW: “Mentoring Men is a program which focuses on goal-setting and personal development to help men build confidence and self-esteem...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
<p>18</p>	<p>Simon Pont from Suicide Prevention Australia explains how service providers can get involved in the Quality Improvement Program.</p> <p>DUR: 1:33</p> <p>FW: “Suicide Prevention Australia has developed a Quality Improvement Program that helps suicide prevention organisations in Australia implement mechanisms for assuring the quality, effectiveness and fidelity of programs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

<p>19</p>	<p>PANDA CEO Julie Borninkhof tells us where mums can go to get some more help or support if they're starting to struggle with their well-being as they work from home.</p> <p>DUR: 1:54</p> <p>FW: "Even though COVID-19 restrictions are starting to ease around the country, working from home will continue to be a reality for many people for some time..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
<p>20</p>	<p>We find out about the community support provided by the Embrace Project, which provides a national platform for Australian mental health services and multicultural communities to access resources, services and information in culturally accessible formats.</p> <p>DUR: 1:21</p> <p>FW: "Embrace Multicultural Mental Health is run by Mental Health Australia, and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse backgrounds..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>