

Community Broadcasting Suicide Prevention Project

June 2018

Track	Topic
1	<p>We look ahead to the National Suicide Prevention Conference, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p>DUR: 1:37</p> <p>FW: “The 2018 National Suicide Prevention Conference will be held from the 23rd to the 26th of July in Adelaide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>SANE Australia Peer Ambassador Simon Clark tells us how he approaches climbing out of a down mood.</p> <p>DUR: 1:19</p> <p>FW: “Why is the cliché 'life has its ups and downs' so difficult to apply when we find ourselves in a down moment?”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>Nick Duigan from headspace explains that cyberbullying is resulting in an increase in the frequency and regularity with which young people receive negative messages about themselves.</p> <p>DUR: 1:40</p> <p>FW: “Cyberbullying is an increasingly important issue for the wellbeing of young people...”</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 ReachOut Parents, which is a great place to go to build your parenting skills and learn more about common issues your teenager may be dealing with.</p> <p>DUR: 1:51</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>
5	<p>We look at the support headspace can provide to young people going through a difficult time, and get some advice for young people who are unsure about reaching out for help.</p> <p>DUR: 1:41</p> <p>FW: “If you’re a young person who’s going through a tough time, or if you’re experiencing problems with your mental health - then a great place to go for information, advice and support is headspace...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>beyondblue’s CEO Georgie Harman outlines some of the core signs and symptoms of anxiety.</p> <p>DUR: 1:51</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>We encourage men to contact MensLine anytime of the day and night from anywhere in Australia to talk about any issue that’s concerning them.</p> <p>DUR: 1:42</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>We learn about the Heads Up website, a great starting point for individuals and businesses seeking some tools and strategies to create more mentally healthy workplaces.</p> <p>DUR: 1:39</p> <p>FW: “For individuals and businesses seeking some tools and strategies to create more mentally healthy workplaces, a great starting point is visiting the Heads Up website...”</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 find out how parents of teenagers can share with, and learn from, other parents through the ReachOut Parents discussion forums.</p> <p>DUR: 1:29</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>

10	<p>We learn about the impressive range of international speakers at the upcoming 2018 National Suicide Prevention Conference.</p> <p>DUR: 1:29</p> <p>FW: “The 2018 National Suicide Prevention Conference will be held from the 23rd to the 26th of July in Adelaide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>SANE Australia Peer Ambassador Simon Clark tells us that while there’s no instruction manual for climbing out of a down mood, he’s found a few useful ways to reverse these downs.</p> <p>DUR: 1:29</p> <p>FW: “It’s normal for all of us to feel down, and it’s also normal to have a negative reaction to a down mood...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>beyondblue’s CEO Georgie Harman explains that the sooner people with anxiety get support, the more likely they are to recover.</p> <p>DUR: 1:42</p> <p>FW: “Anxiety is the most common mental health condition in Australia...”</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 get some advice for people who are unsure about taking the important step of contacting the Suicide Call Back Service if they’re at risk of, or have been affected by, suicide.</p> <p>DUR: 1:22</p> <p>FW: “The Suicide Call Back Service provides support and counselling for anyone affected by suicide...”</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 Butterfly Foundation CEO Christine Morgan and ask her if it’s becoming easier for people to talk about eating disorders and body image.</p> <p>DUR: 2:13</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>
15	<p>We hear how this year’s conference National Suicide Prevention Conference will feature input from people with a lived experience of suicide.</p> <p>DUR: 1:13</p> <p>FW: “The 2018 National Suicide Prevention Conference will be held from</p>

	<p>the 23rd to the 26th of July in Adelaide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Catherine Varra from Lifeline tells us how the use of technology for the purposes of cyberbullying is linked to a lack of empathy from too much screen time.</p> <p>DUR: 1:49</p> <p>FW: “Cyberbullying is a form of bullying which is carried out through emails, chat rooms, discussion groups, social networking, websites, instant messaging or SMS...”</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 profile 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: 1:36</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 the support of the Australian Government Department of Health.”</p>
18	<p>SANE Australia Peer Ambassador Simon Clark provides some more strategies for climbing out of a down mood.</p> <p>DUR: 1:55</p> <p>FW: “It’s normal for all of us to feel down, and it’s also normal to have a negative reaction to a down mood...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We learn about the BeyondNow 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>DUR: 1:39</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Sophie Potter from ReachOut Parents explains how parents can access one-on-one coaching to help them build their relationship with their teenager.</p> <p>DUR: 1:35</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>

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