

Community Broadcasting Suicide Prevention Project

March 2017

Track	Topic
1	<p>We look at the support headspace can provide you with if you're a young person who's going through a tough time, or if you're experiencing problems with your mental health.</p> <p>DUR: 1:40</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..."</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's online community manager Nicole Thomas tells us why the SANE Forums were established.</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 across Australia..."</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 support the Survivors and Mates Support Network provides to men who have experienced childhood sexual abuse.</p> <p>DUR: 1:35</p> <p>FW: "The Survivors and Mates Support Network, or SAMSN, is an organisation that works to support men who have experienced childhood sexual abuse..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>The Director of Suicide Prevention Australia, Sue Murray, tells us why it's important for local communities to be involved in suicide prevention initiatives.</p> <p>DUR: 1:33</p> <p>FW: "With the aim of "a world without suicide", Suicide Prevention Australia provides national leadership around the development of suicide prevention initiatives..."</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 catch up with Dr Sam Batchelor to find out about the support young people will get if they contact Kids Helpline for the first time.</p> <p>DUR: 1:17</p> <p>FW: “For 25 years Australia’s kids and young people have been turning to Kids Helpline - no matter who they are, where they live or what they want to talk about...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Sophie Potter from ReachOut Australia highlights some of the resources you can access online to help you cope during or after a relationship break up.</p> <p>DUR: 1:19</p> <p>FW: “Coping with a break up can be incredibly hard. Many people feel a sense of grief or loss after a relationship ends, as though something is missing from their 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>headspace’s Head of Clinical Practice Vikki Ryall explains why youth suicide is such an important issue in Australia.</p> <p>DUR: 1:25</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>R U OK? Campaign Director Katherine Newton tells us there are some things we should avoid saying when we’re having a conversation with a mate who’s going through a difficult time.</p> <p>DUR: 1:21</p> <p>FW: “Men are statistically less likely than women to seek help when they’re struggling with life, feeling overwhelmed or suffering from mental health issues...”</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 hear about the work Suicide Prevention Australia is doing to develop the National Suicide Prevention Policy in collaboration with Primary Health Networks across the country.</p> <p>DUR: 1:44</p> <p>FW: “This year, Suicide Prevention Australia is working on the development of the National Suicide Prevention Policy in collaboration with the Primary Health Networks across the country...”</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 headspace's Digital Work and Study Service, which can assist young people with practical things such as creating a winning resume, career planning, job searching, and interview preparation.</p> <p>DUR: 1:54</p> <p>FW: "If you're aged between 15 and 24 and worried about work or study, you can get free and confidential support from headspace..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>We profile the Heads Up website, which provides a wide range of resources, information and advice to help everyone in the workplace play their part in creating a mentally healthy working environment.</p> <p>DUR: 1:37</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>
12	<p>We learn more about the SANE Forums, which provide an online peer-to-peer support service for people affected by mental illness across Australia.</p> <p>DUR: 1:57</p> <p>FW: "For people whose lives are affected by mental illness, the SANE Forums provide a way for them to feel confident in joining a conversation online on an anonymous basis..."</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 learn more about the support the Survivors and Mates Support Network provides to men who have experienced childhood sexual abuse.</p> <p>DUR: 1:32</p> <p>FW: "The Survivors and Mates Support Network, or SAMSN, is an organisation that works to support men who have experienced childhood sexual abuse..."</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 more about the support offered by Kids Helpline, Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p>DUR: 1:17</p> <p>FW: "Kids Helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25..."</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 find out about the support and information beyondblue can provide if you're concerned about anxiety or depression, or if you know someone who</p>

	<p>may need some help.</p> <p>DUR: 1:53</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue...</i>”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>The Director of Suicide Prevention Australia, Sue Murray, provides some advice for how to support someone who you think might be suicidal.</p> <p>DUR: 1:24</p> <p>FW: “Work in suicide prevention is not just done by government policies or services, but by community members who see someone they care for struggling...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>headspace’s Head of Clinical Practice Vikki Ryall, encourages young people who are unsure about reaching out for some help to seek some information or start a conversation.</p> <p>DUR: 1:38</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...”</p> <p>LW: “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 explains that talking with our mates can result in a range of benefits for ourselves, as well as those around us.</p> <p>DUR: 1:31</p> <p>FW: “In an ideal world, men who are struggling or in crisis would feel confident and empowered enough to ask for help...”</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 more about headspace’s Digital Work and Study Service, which can assist young people with practical things such as creating a winning resume, career planning, job searching, and interview preparation.</p> <p>DUR: 1:34</p> <p>FW: “If you’re aged between 15 and 24 and worried about work or study, you can get free and confidential support from headspace...”</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 Australia explains some very important and practical things you can do to support a friend, family member or colleague during or after a break up.</p> <p>DUR: 1:21</p> <p>FW: “Coping with a break up can be incredibly hard. Many people feel a</p>

	<p>sense of grief or loss after a relationship ends, as though something is missing from their life...”</p>
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