

Community Broadcasting Suicide Prevention Project

March 2018

| Track | Topic |
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| 1 | <p>We profile Culture is Life, an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people.</p> <p>DUR: 1:09</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people...”</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 ReachOut CEO Jono Nicholas and ask him how serious the issue of bullying is for young people around Australia.</p> <p>DUR: 1:02</p> <p>FW: “Bullying sucks, there’s no doubt about it. So, it helps to know that there are some things you can do to feel less overwhelmed and isolated when you’re being targeted by a bully..”.</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 with ‘Riverbank Frank’, a proud Aboriginal and Torres Strait Islander man and passionate supporter of R U OK? who encourages others to reach out to those around those them they care about.</p> <p>DUR: 1:29</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who’s well-known in the local Dubbo community as ‘Riverbank Frank’...”</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 look at the important work Blue Knot Foundation does in providing specialist phone counselling, support, education, resources, and training to help adults traumatised as children recover.</p> <p>DUR: 1:51</p> <p>FW: “Blue Knot Foundation provides specialist phone counselling, support, education, resources, and training to help adults traumatised as children recover...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p> |

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| | the support of the Australian Government Department of Health.” |
| 5 | <p>beyondblue's CEO Georgie Harman explains that 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>DUR: 1:52</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> |
| 6 | <p>We look at the online support and information Lifeline provides to people around Australia.</p> <p>DUR: 1:27</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...”</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 Culture Squad member and Culture Is Life community relations manager Will Austin to find out about the role young Aboriginal and Torres Strait Islander people are playing in leading conversations about culture and suicide prevention.</p> <p>DUR: 1:24</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 8 | <p>Country music singer and songwriter Jake Sinclair encourages us to support each other and to get help if we need it.</p> <p>DUR: 1:48</p> <p>FW: “Jake Sinclair is a country music singer and songwriter, and also a strong advocate for the importance of reaching out for help if we're going through tough times...”</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 learn about the BeyondNow app, which provides those at risk of suicide, and those who care about them, with confidential and convenient access to a safety plan.</p> <p>DUR: 1:38</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> |
| 10 | <p>We look at some of the myths surrounding obsessive-compulsive disorder, which affects around half a million Australians.</p> |

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| | <p>DUR: 1:56</p> <p>FW: “With around half a million Australians living with obsessive-compulsive disorder, mental health charity SANE Australia is working to combat some of the myths surrounding the highly misunderstood illness...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 11 | <p>R U OK? supporter Riverbank Frank encourages all Aboriginal and Torres Strait Islander people to play a role in reaching out to people we know who are doing it tough and asking them ‘are you okay?’.</p> <p>DUR: 1:43</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who’s well-known in the local Dubbo community as ‘Riverbank Frank’...”</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 Culture is Life, an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people.</p> <p>DUR: 1:18</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people...”</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 find out about helpline run by Blue Knot Foundation to provide support to adults traumatised as children, as well as those who work with them and care about them.</p> <p>DUR: 1:16</p> <p>FW: “Blue Knot Foundation provides specialist phone counselling, support, education, resources, and training to help the 1 in 4 Australian adults who were traumatised as children recover...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 14 | <p>ReachOut CEO Jono Nicholas explains some of the things young people affected by bullying can do to look after themselves.</p> <p>DUR: 1:21</p> <p>FW: “Bullying in a serious issue which is regularly cited as one of the top three concerns of Australian parents and young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 15 | <p>Culture is Life community relations manager Will Austin explains why culture is so important as a preventative factor for suicide for Aboriginal and Torres Strait Islander young people.</p> <p>DUR: 1:23</p> <p>FW: “Culture is Life is an organisation committed to addressing the high rates of suicide for Aboriginal and Torres Strait Islander young people...”</p> |

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| | <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 16 | <p>SANE Australia provides some practical tips for things we can do when we’re supporting someone who’s doing it tough.</p> <p>DUR: 1:49</p> <p>FW: “It takes courage to ask simply and directly, ‘Are you OK?’, if you're concerned about someone's mental health...”</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 Perinatal Anxiety and Depression Australia to find out about the perinatal support they provide for mums and dads right across Australia.</p> <p>DUR: 1:40</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> |
| 18 | <p>R U OK? supporter Riverbank Frank lets other Aboriginal and Torres Strait Islander people know that reaching out to those around us and asking ‘are you okay?’ may seem difficult, but it can change the lives of people we care about.</p> <p>DUR: 1:21</p> <p>FW: “Frank Doolan is a proud Aboriginal and Torres Strait Islander man who’s well-known in the local Dubbo community as ‘Riverbank Frank’...”</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 SANE Blog, which a great place to go to find articles about a range of topics related to mental health and illness.</p> <p>DUR: 1:28</p> <p>FW: “The SANE Blog is a great place to go to find articles about a range of topics related to mental health and illness...”</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 find out more about the online support and information Lifeline provides to people around Australia.</p> <p>DUR: 1:26</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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |