

Community Broadcasting Suicide Prevention Project

March 2019

Track	Topic
1	<p>R U OK? CEO Brendan Maher explains how we can plan ahead for a conversation with someone we're worried about, but who might not want to admit they're not okay.</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>
2	<p>We profile the SANE Forums, which provide a genuine online peer-to-peer support service for carers and families, as well as people with lived experience of mental illness.</p> <p>DUR: 1:23</p> <p>FW: "If you're living with a mental illness, or if you're a carer, then a great place to get support and share your experiences is by checking out SANE Australia's national online community..."</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 hear how parents and professionals can help children to develop resilience by creating safe challenges, encouraging supportive relationships and teaching them to think positively.</p> <p>DUR: 1:56</p> <p>FW: "Building resilience starts from day one, and the skills can be learned by all children..."</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 Laps for Life, a month-long swimming challenge that combines the mental health benefits of swimming with raising funds and awareness for young people living with mental health difficulties.</p> <p>DUR: 1:41</p> <p>FW: "Swimming laps is a great way to get your body moving and your heart pumping. It's low-impact and uses your whole body..."</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 hear about the anonymous help and support Lifeline provides to all Australians through their telephone service, as well as other services you can access online.</p> <p>DUR: 1:42</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>
6	<p>We find out about RESET, Australia’s first digital body image program for boys, which was developed by the Butterfly Foundation.</p> <p>DUR: 1:59</p> <p>FW: “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers and recovery groups...”</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 hear about the peer-supported telephone and web-based support QLife provides to LGBTI people of all ages.</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> <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 why it’s important that we address some of the misconceptions people have about what it’s like to live with depression or anxiety.</p> <p>DUR: 1:53</p> <p>FW: “Around three million Australians are affected by anxiety or depression. It’s a mental illness that should be familiar to many...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>R U OK? CEO Brendan Maher explains how we can go about supporting someone we’re worried about.</p> <p>DUR: 1:31</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>
10	<p>We hear about the support people from diverse cultural backgrounds can</p>

	<p>access through the National Perinatal Anxiety & Depression Helpline.</p> <p>DUR: 2:38</p> <p>FW: “Perinatal anxiety and depression is a serious and common mental illness that occurs during pregnancy or in the year after birth...”</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 learn more about Laps for Life, a month-long swimming challenge that aims to raise funds and awareness for young people living with mental health difficulties.</p> <p>DUR: 1:20</p> <p>FW: “Youth service ReachOut is calling on all Aussies to take part in <i>Laps for Life</i> – a month-long swimming challenge in March...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>R U OK? CEO Brendan Maher explains how we can approach a conversation with someone when we know they might find it hard to admit they’re not okay.</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>
13	<p>We profile SANE’s Lived Experience forum, which allows people living with a mental illness to feel confident in joining a conversation online on an anonymous basis, share their stories and knowledge, and find support.</p> <p>DUR: 1:23</p> <p>FW: “If you’re living with a mental illness, then a great place to get support and share your experiences is by checking out SANE Australia’s national online community...”</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 ask ReachOut CEO Ashley de Silva how young people can help a friend who might be stressed or down because of the drought.</p> <p>DUR: 1:22</p> <p>FW: “ReachOut has created a ‘digital’ care package to help young people deal with the pressures associated with living in drought-affected communities...”</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 peer-supported telephone and web-based support QLife provides to LGBTI people of all ages.</p> <p>DUR: 1:45</p> <p>FW: “QLife is a national counselling and referral service for people who are</p>

	<p>lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>We hear about the support people from diverse cultural backgrounds can expect to receive if they contact the National Perinatal Anxiety & Depression Helpline.</p> <p>DUR: 1:57</p> <p>FW: “As many as one in five expecting or new mums and one in ten dads will experience perinatal anxiety or depression...”</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 find out why it’s important for carers to be able to share their stories and experiences through the SANE Forums.</p> <p>DUR: 1:22</p> <p>FW: “If you’re a carer of someone living with mental health issues, then a great place to get support and share your experiences is by checking out SANE Australia’s national online community...”</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 hear more from R U OK? CEO Brendan Maher about how we can approach a conversation with someone who might not be ready to admit they’re not okay.</p> <p>DUR: 1:21</p> <p>FW: “If we know people in our lives who we think might be doing it tough, one of the best things we can do is reach out to them and ask them if they’re okay...”</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 how we can get involved in Laps for Life, a month-long swimming challenge that aims to raise funds and awareness for young people living with mental health difficulties.</p> <p>DUR: 1:34</p> <p>FW: “Swimming laps is a great way to get your body moving and your heart pumping, and importantly, it’s also great for your mind...”</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 yarn with Indigenous singer and songwriter Jacob Ridgeway about his role as a passionate supporter of R U OK?</p> <p>DUR: 1:39</p> <p>FW: “Indigenous singer and songwriter Jacob Ridgeway is a passionate supporter of R U OK?...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

