

Community Broadcasting Suicide Prevention Project

May 2017

Track	Topic
1	<p>We ask Lifeline CEO Pete Shmigel about the best advice to give someone who's seeking help for the first time.</p> <p>DUR: 1:31</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>
2	<p>Kristen Douglas, the national manager of the headspace School Support program, shares some positive and supportive ways to talk to young people about suicide.</p> <p>DUR: 1:50</p> <p>FW: "If you're a young person who's experiencing depression, or if you're going through a bit of a tough time..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>Dr Sam Batchelor, a senior researcher with yourtown, offers some advice to parents who are worried that their child might be feeling suicidal.</p> <p>DUR: 1:50</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>
4	<p>We hear about Suicide Prevention Australia's Lived Experience Network, which allows those impacted by suicide to meet other people with similar experiences as a way to gain support and to share their wisdom with others.</p> <p>DUR: 1:36</p> <p>FW: "Suicide Prevention Australia knows the importance of lived experience to understanding how best to talk about suicide and inform future suicide prevention 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 ask Shane McNamara, the co-founder of SAMSN, what advice he would give to service providers who are helping men to deal with the impacts of 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>
6	<p>We profile the Mates in Construction program, which aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 1:33</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</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 support HALT offers to tradies who experience mental illness.</p> <p>DUR: 1:40</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Dr Stephen Carbone from beyondblue tells us about the impacts of the stigma attached to mental health and suicide in Australia.</p> <p>DUR: 1:54</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>
9	<p>Butterfly Foundation CEO Christine Morgan explains why people with eating disorders have a high mortality rate.</p> <p>DUR: 1:50</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>
10	<p>Kristen Douglas, the national manager of the headspace School Support program, tells us some things to be careful about when talking to students</p>

	<p>about suicide.</p> <p>DUR: 1:28</p> <p>FW: “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>CEO Jorgen Gullestrup tells us about the support someone who contacts Mates in Construction can expect to receive.</p> <p>DUR: 1:39</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</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 ask Dr Sam Batchelor, a senior researcher with yourtown, what parents and teachers do to support a child who has been through a traumatic experience.</p> <p>DUR: 1:28</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>
13	<p>Founder Jeremy Forbes explains how HALT provides tradies with a link to mental health services by holding ‘Save Your Bacon’ brekkies at local hardware stores.</p> <p>DUR: 1:36</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Lifeline CEO Pete Shmigel tells us what advice to offer if we’re worried that a friend or family member might be feeling suicidal.</p> <p>DUR: 1:34</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>
15	<p>We ask Tracy McCowan, the manager of Suicide Prevention Australia’s Lived Experience Network, why it’s so important for people with lived experience to be able to share their stories with others.</p> <p>DUR: 1:35</p> <p>FW: “Suicide Prevention Australia has acknowledged the importance of</p>

	<p>lived experience to understanding how best to talk about suicide and inform future suicide prevention programs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Tony Phiskie, the principal social worker with SAMSN, provides some advice to families and friends who are helping a man who has experienced childhood sexual abuse.</p> <p>DUR: 1:41</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>
17	<p>We asked Dr Stephen Carbone from beyondblue about the types of information, resources and support people can find on their website.</p> <p>DUR: 1:28</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Kristen Douglas, the national manager of the headspace School Support program, tells us some of the things schools can do if they want to start talking about suicide with their students and offer support.</p> <p>DUR: 1:39</p> <p>FW: “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time...”</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 Mates in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 1:25</p> <p>FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>HALT founder Jeremy Forbes provides some advice for tradies who are struggling and aren’t sure where to go for support.</p> <p>DUR: 1:42</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

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