

Community Broadcasting Suicide Prevention Project

May 2018

Track	Topic
1	<p>We look at the impact that cyberbullying can have on the well-being of young people, and the increased frequency and intensity of bullying that can happen when technology is involved.</p> <p>DUR: 2:14</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>
2	<p>We catch up with Jonathan Leeming from Suicide Prevention Australia to find out more about the origins of the Tread Together event, and what he hopes the event will achieve this year.</p> <p>DUR: 1:35</p> <p>FW: “If you’d like to be part of a fun and meaningful community event on May 25 and 26, then why not pop on your running or walking shoes...”</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 profile the SANE StigmaWatch program, which monitors the Australian media to ensure accurate and respectful representation of mental illness.</p> <p>DUR: 1:44</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>Country music singer and songwriter Jake Sinclair encourages men living in rural and remote communities to support those around them who may be struggling with their wellbeing.</p> <p>DUR: 1:28</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...”</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 hear about the support offered by 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: 1:35</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>
6	<p>We learn about the support beyondblue can provide if you’re concerned about anxiety or depression, or if you know someone who may need some help or information.</p> <p>DUR: 1:57</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>
7	<p>Culture Is Life CEO Belinda Duarte provides a message for Aboriginal and Torres Strait Islander young people going through tough times, as well as the people and organisations who are working with them.</p> <p>DUR: 1:16</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>We look at the important work the Blue Knot Foundation does in providing specialist phone counselling, support, education, resources and training to help adults traumatised as children recover.</p> <p>DUR: 1:50</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 the support of the Australian Government Department of Health.”</p>
9	<p>We learn more about the Tread Together community event, which will bring thousands of Australians together to raise awareness and funds for suicide prevention.</p> <p>DUR: 1:29</p> <p>FW: “If you’d like to be part of a fun and meaningful community event on May 25 and 26, then why not pop on your running or walking shoes...”</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 catch up with beyondblue CEO Georgie Harman to find out how parents and educators can help children and young people to develop resilience.</p> <p>DUR: 1:48</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>
11	<p>Country music singer and songwriter Jake Sinclair tells us how his relationship with R U OK? has helped him to value the support he has around him, and that he can also provide to his mates.</p> <p>DUR: 1:37</p> <p>FW: “Jake Sinclair is a country music singer and songwriter, and also a strong advocate for R U OK? – the organisation that encourages all Australians to reach out to people in our lives...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Nick Duigan, Senior Clinical Advisor with headspace, explains how cyberbullying affects the wellbeing and self-esteem of young people.</p> <p>DUR: 2:01</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>
13	<p>We learn more about Mates in Construction and the work they’re doing to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 1:43</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>
14	<p>We catch up with Culture Squad member and Culture is Life community relations manager Will Austin to find out how he hopes the work they’re doing will change the lives of young Indigenous 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>
15	<p>We ask Dr Michelle Blanchard from SANE Australia how people can raise concerns if they’ve been upset or offended by the way the media is</p>

	<p>portraying mental illness or suicide, or believed what they were saying was inaccurate.</p> <p>DUR: 1:40</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide...”</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 look at the online support and information Lifeline provides to people around Australia.</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>
17	<p>We learn more about the Tread Together community event, which will bring thousands of Australians together to raise awareness and funds for suicide prevention.</p> <p>DUR: 1:11</p> <p>FW: “If you’d like to be part of a fun and meaningful community event on May 25 and 26, then why not pop on your running or walking shoes...”</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 learn about the web-based tips for parents and practice guide for professionals beyondblue has developed to help children develop resilience.</p> <p>DUR: 1:21</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>
19	<p>We chat with country music singer and songwriter Jake Sinclair, who draws on his own experiences with depression to encourage men from rural and remote communities to get some help if they need it.</p> <p>DUR: 1:24</p> <p>FW: “Jake Sinclair is a country music singer and songwriter, and also a strong advocate for R U OK? – the organisation that encourages all Australians to reach out to people...”</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 hear about the support and resources you can access through the beyondblue website if you’re concerned about anxiety or depression, or if you know someone who may need some help or information.</p> <p>DUR: 1:30</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know</p>

someone who may need some support, help or information...”

LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”