

Community Broadcasting Suicide Prevention Project

May 2019

Track	Topic
1	<p>We learn about Stigma Pledge 2019, a new initiative which emphasises the importance of avoiding any language that stigmatises mental illness during the election campaign.</p> <p>DUR: 2:21</p> <p>FW: “SANE Australia, along with their colleagues across the Australian mental health and suicide prevention sector, are increasingly concerned about the use of unsafe language, myths, stereotypes and stigma...”</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 Sally Morris from MindOUT to find out about the training they are providing to staff and volunteers to ensure they provide the best possible support to LGBTI people.</p> <p>DUR: 2:15</p> <p>FW: “MindOUT is an important national organisation that works to build the capacity of the mental health and suicide prevention sectors to meet the support and wellbeing needs of LGBTI populations...”</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 find out about we can Raise Dough this month to support the one in four people in Australia aged 14–25 who live with a mental health difficulty.</p> <p>DUR: 1:18</p> <p>FW: “ReachOut is inviting everyone to get in the kitchen this May, get mindful and Raise Dough so that they can continue to connect more young people with their frontline 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>
4	<p>Brydie Jameson from Everymind explains the stigma created by inappropriate media portrayals associated with alcohol and other drugs.</p> <p>DUR: 2:07</p> <p>FW: “<i>Mindframe</i>’s new Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs...”</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 look ahead to the 2019 National Suicide Prevention Conference, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p>DUR: 1:27</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Tarn Lee from QLife tells us about the training program they have put in place so that their counsellors can learn and pass on suicide prevention skills.</p> <p>DUR: 1:26</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>
7	<p>We learn about STRONGER TOGETHER, a targeted suicide prevention campaign R U OK? has launched to help build conversations within Aboriginal and Torres Strait Islander communities.</p> <p>DUR: 1:29</p> <p>FW: “R U OK? has launched STRONGER TOGETHER, a suicide prevention campaign for Aboriginal and Torres Strait Islander communities...”</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 more about we can Raise Dough this month to support the one in four people in Australia aged 14–25 who live with a mental health difficulty.</p> <p>DUR: 1:27</p> <p>FW: “This May, ReachOut is inviting everyone to get in the kitchen, get mindful and Raise Dough so that they can continue to connect more young people with their frontline 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>
9	<p>We find out more about Stigma Pledge 2019, an initiative which emphasises the importance of avoiding any language that stigmatises mental illness during the election campaign.</p> <p>DUR: 1:45</p> <p>FW: “SANE Australia, along with their colleagues across the Australian mental health and suicide prevention sector, are increasingly concerned about the use of unsafe language, myths, stereotypes and stigma...”</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 the peer-supported telephone and web-based services QLife provides to LGBTI people of all ages.</p> <p>DUR: 1:44</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>
11	<p>We hear more the 2019 National Suicide Prevention Conference and the opportunity it provides for people working in the area of suicide prevention to interact with people with lived experience.</p> <p>DUR: 1:20</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</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 about the anonymous help and support, and access to mental health support services, Lifeline provides to all Australians.</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, or a mouse click if you prefer...”</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 we can Raise Dough this month to support young Australians who live with a mental health difficulty, while at the same timing bringing some mindfulness into our day.</p> <p>DUR: 1:35</p> <p>FW: “This May, ReachOut is inviting everyone to get in the kitchen and Raise Dough so that they can continue to connect more young people with their frontline 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>SANE Australia Deputy CEO Dr Michelle Blanchard explains how people can get involved in Stigma Pledge 2019.</p> <p>DUR: 1:44</p> <p>FW: “SANE Australia, in partnership with EveryMind, has launched a new initiative - Stigma Pledge 2019...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

15	<p>Suicide Prevention Australia CEO Nieves Murray tells us who she's encouraging to attend this year's National Suicide Prevention Conference.</p> <p>DUR: 1:25</p> <p>FW: "The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne..."</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 find out more about STRONGER TOGETHER, a targeted suicide prevention campaign R U OK? has launched to help build conversations within Aboriginal and Torres Strait Islander communities.</p> <p>DUR: 1:45</p> <p>FW: "R U OK? has launched STRONGER TOGETHER, a suicide prevention campaign for Aboriginal and Torres Strait Islander communities..."</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 anonymous help and support, and access to mental health support services, Lifeline provides to all Australians.</p> <p>DUR: 1:43</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, or a mouse click or text if you prefer..."</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 find out more about Mindframe's Alcohol and Other Drugs guidelines, which aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs.</p> <p>DUR: 1:56</p> <p>FW: "Mindframe's new Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs..."</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 hear about the support the National Perinatal Anxiety & Depression Helpline provides for expecting and new mums and dads from different culturally and linguistically diverse backgrounds who are depressed or anxious.</p> <p>DUR: 1:59</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>

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Tarn Lee from **QLife** tells us about the Aboriginal and Torres Strait Islander cultural competency training they are providing for their staff and volunteers.

DUR: 1:28

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...”

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