

# Community Broadcasting Suicide Prevention Project

November 2017

Track	Topic
1	<p>We catch up with <b>ReachOut's</b> Director of Service Delivery Kerrie Buhagiar to get some tips for students who are struggling during the exam period.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> "End of year exams can be a highly stressful time for many young people, as can be the period where they're waiting for results and university offers..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p><b>SANE Australia</b> Head of Service Delivery Suzanne Leckie provides some advice on how to respond to someone who isn't OK.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> "It takes courage to ask simply and directly, 'Are you OK?', if you're concerned about someone's mental health..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>We profile <b>Perinatal Depression and Anxiety Awareness Week</b>, held from November 12 to 18, which is a great time to build more understanding about this serious and common illness.</p> <p><b>DUR:</b> 2:01</p> <p><b>FW:</b> "Did you know one of the key reasons many expecting and new parents struggling with perinatal anxiety or depression don't seek help is because they don't know what's happening to them?"</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>With around half a million Australians living with <b>obsessive-compulsive disorder</b>, we hear about the work SANE Australia is doing to combat some of the myths surrounding this highly misunderstood illness.</p> <p><b>DUR:</b> 1:56</p> <p><b>FW:</b> "With around half a million Australians living with obsessive-compulsive disorder, mental health charity SANE Australia is working to combat some of the myths..."</p>

	<p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>We hear about <b>Mates in Construction</b>, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “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><b>LW:</b> “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 <b>Live4Life</b>, a schools and community partnership that focuses on mental health promotion in the Macedon Ranges in central Victoria.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “Live4Life is a schools and community partnership that focuses on mental health promotion in the Macedon Ranges in central Victoria...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p><b>ReachOut’s</b> Director of Service Delivery Kerrie Buhagiar provides some tips for parents of students who are struggling during the exam period.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> “End of year exams can be a highly stressful time for many young people, as can be the period where they’re waiting for results and university offers...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Owen Catto from the <b>Regional Men’s Health Initiative</b> in Western Australia says it’s important for men to know that reaching out for support is a sign of strength, and that there’s plenty of people around them who will be willing to help.</p> <p><b>DUR:</b> 1:19</p> <p><b>FW:</b> “Men in rural and regional communities face a range of barriers that may prevent them from seeking help when going through difficult times...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>We hear about the support <b>Perinatal Anxiety and Depression Australia</b> (PANDA) provides to expecting and new parents, including a specialist national mental health telephone counselling service.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “Did you know one of the key reasons many expecting and new parents struggling with perinatal anxiety or depression don’t seek help is because they don’t know what’s happening to them?”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
10	<p>We speak with <b>Taz Clay</b>, an inspirational young Indigenous person who is passionate about transgender and suicide issues in Australia, especially in Indigenous and LGBTIQ communities.</p> <p><b>DUR:</b> 1:51</p> <p><b>FW:</b> “Taz Clay is an inspirational young Indigenous person who is passionate about transgender and suicide issues in Australia, especially in Indigenous and LGBTIQ communities...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p><b>SANE Australia</b> Head of Service Delivery Suzanne Leckie provides some more advice on how to respond to someone who isn't OK, and stresses the importance of following up with them after an initial conversation.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “It takes courage to ask simply and directly, ‘Are you OK?’, if you're concerned about someone's mental health...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p><b>Warwick Bidwell</b> from the Mates In Construction speaker's bureau says we can all play a role in helping our mates through tough times by noticing that they may need some help and asking if they're okay.</p> <p><b>DUR:</b> 2:07</p> <p><b>FW:</b> “Warwick Bidwell comes from a family filled with builders and tradies, and now works as a business mentor and coach for people in these industries...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>SANE Australia's Suzanne Leckie explains that one of the myths about people living with <b>obsessive-compulsive disorder</b> is that they're just neat freaks or germaphobes.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “While it's common to hear people joke about obsessive-compulsive disorder, many people don't realise how debilitating it can be...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>We hear about <b>Suicide Story</b>, a unique suicide prevention program created for use in Aboriginal communities by Aboriginal people who live and work in those communities.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “Suicide Story is a unique suicide prevention program created for use in Aboriginal communities by Aboriginal people who live and work in those communities...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

15	<p>We find out about the tips, strategies and support students and parents will find at <b>Reachout.com</b> to help them through the exam period and beyond.</p> <p><b>DUR:</b> 1:04</p> <p><b>FW:</b> “End of year exams can be a highly stressful time for many young people, as can be the period where they’re waiting for results and university offers...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Terri Smith, CEO of <b>Perinatal Anxiety and Depression Australia</b> (PANDA) explains that with the right support you can recover from perinatal anxiety or depression.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “One of the key reasons many expecting and new parents struggling with perinatal anxiety or depression don’t seek help is because they don’t know what’s happening to them...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>SANE Australia’s Suzanne Leckie explains that one of the myths about people living with <b>obsessive-compulsive disorder</b> is that they don’t realise they’re acting irrationally.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “With around half a million Australians living with obsessive-compulsive disorder, mental health charity SANE Australia is working to combat some of the myths...”</p> <p><b>LW:</b> “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 Mates In Construction speaker’s bureau member <b>Warwick Bidwell</b> about the role we can all play in helping our mates and co-workers through tough times.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Suzanne Leckie from <b>SANE Australia</b> says that asking a simple question such as ‘are you OK?’ can make a major difference in the life of someone we care about.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “It takes courage to ask simply and directly, ‘Are you OK?’, if you’re concerned about someone’s mental health...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

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CEO Jorgen Gullestrup tells us about the support that someone who contacts **Mates in Construction** can expect to receive.

**DUR:** 1:39

**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...”

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