

# Community Broadcasting Suicide Prevention Project

November 2018

Track	Topic
1	<p>We catch up with <b>ReachOut</b> CEO Ashley de Silva and ask him about the prevalence of exam-related stress among young people around Australia, as well as the reasons for this stress.</p> <p><b>DUR:</b> 1:15</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>We look back at the R U OK? <b>Conversation Convoy</b>, which travelled around the country to show that we’ve all got what it takes to support those struggling with life.</p> <p><b>DUR:</b> 1:48</p> <p><b>FW:</b> “In the lead-up to this year’s R U OK? Day in September, the R U OK? team travelled around the country in a Conversation Convoy...”</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>RESET</b>, Australia’s first digital body image program for boys which has been developed by The Butterfly Foundation.</p> <p><b>DUR:</b> 2:01</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

4	<p><b>SANE Australia's</b> Suzanne Leckie explains that one of the common misconceptions people have about living with depression or anxiety is that what they see on the surface is what's actually going on.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "Around three million Australians are affected by anxiety or depression. It's a mental illness that should be familiar to many..."</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><b>PANDA</b> CEO Terri Smith highlights some signs and symptoms of perinatal anxiety or depression that parents should be aware of and which may indicate they need to reach out for some support.</p> <p><b>DUR:</b> 2:08</p> <p><b>FW:</b> "For expecting and new mums and dads from different cultural or language backgrounds who are depressed or anxious, free support is available from PANDA's National Perinatal Anxiety &amp; Depression Helpline..."</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 catch up with Dr Grant Blashki from <i>beyondblue</i> to find out why it's important for people in all parts of Australia to rally around our farmers and ensure they know they aren't alone in times of drought.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> "Tragically, the suicide rate in very remote areas of Australia is more than double that within our major cities..."</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</b> CEO Ashley de Silva tells us more about how exam stress impacts on the well-being of young people.</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>We learn about some the steps that parents and young people can take to prevent <b>cyberbullying</b> from happening.</p> <p><b>DUR:</b> 1:36</p>

	<p><b>FW:</b> “New research shows that more than one in three Australian school students who have been bullied reported it happened online...”</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 find out about <b>QLife’s YouTube channel</b>, which features a series of short films looking at the lived experiences of LGBTI people from different perspectives.</p> <p><b>DUR:</b> 2:02</p> <p><b>FW:</b> “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><b>LW:</b> “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 messages shared by the R U OK? <b>Conversation Convoy</b>, which travelled around the country to show that we’ve all got what it takes to support those struggling with life.</p> <p><b>DUR:</b> 2:20</p> <p><b>FW:</b> “In the lead-up to this year’s R U OK? Day in September, the R U OK? team travelled around the country in a Conversation Convoy...”</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>NewAccess coach Lindsay McMahon</b> tells us why it’s important for people in rural and remote communities experiencing difficulties because of drought to be aware of the impacts family stress can have on children.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “Lindsay McMahon knows first-hand how drought can affect people and families in rural 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>
12	<p>Indigenous singer and songwriter <b>Jacob Ridgeway</b> tells us why he got involved with R U OK? and promoting the idea that we can all make a difference by starting meaningful conversations with those we care about.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “Indigenous singer and songwriter Jacob Ridgeway is a passionate supporter of R U OK?, and recently travelled across large areas of the country as part of R U OK’s Conversation Convoy in his role as an ambassador...”</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>We find out more about <b>RESET</b>, Australia’s first digital body image program for boys which has been developed by The Butterfly Foundation.</p> <p><b>DUR:</b> 2:05</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p><b>ReachOut</b> CEO Ashley de Silva highlights some practical things young people can do to cope with stress during exam periods.</p> <p><b>DUR:</b> 1:17</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>
15	<p><b>NewAccess</b> coach <b>Lindsay McMahon</b> encourages people living in areas affected by drought to reach out for mental health support.</p> <p><b>DUR:</b> 2:10</p> <p><b>FW:</b> “For people affected by the drought, NewAccess provides a free mental health coaching program in some parts of Australia that’s available in person, by phone or via Skype or FaceTime...”</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><b>PANDA</b> CEO Terri Smith provides some advice for parents from diverse cultural backgrounds who might be struggling during pregnancy or following the birth of a child.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “For expecting and new mums and dads from different cultural or language backgrounds who are depressed or anxious, free support is available from PANDA’s National Perinatal Anxiety &amp; Depression Helpline...”</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>We hear more about the messages shared by the R U OK? <b>Conversation Convoy</b>, which travelled around the country to show that we've all got what it takes to support those struggling with life.</p> <p><b>DUR:</b> 2:05</p> <p><b>FW:</b> "In the lead-up to this year's R U OK? Day in September, the R U OK? team travelled around the country in a Conversation Convoy..."</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 learn more about what young people can do to seek support if they're experiencing <b>cyberbullying</b>.</p> <p><b>DUR:</b> 1:20</p> <p><b>FW:</b> "New research shows that large numbers of school students have been bullied online..."</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>We learn about the <b>QLife Guides</b>, which provide a range of audiences, including health professionals, with advice on how to work constructively with all kinds of clients on LGBTI matters.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
20	<p>We speak with Indigenous singer and songwriter <b>Jacob Ridgeway</b> about his travels across large areas of the country as an ambassador for R U OK?</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> "Indigenous singer and songwriter Jacob Ridgeway is a passionate supporter of R U OK?, drawing on his own journey with depression, grief and post-traumatic stress to encourage others to reach out and support those around 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>