



COMMUNITY  
BROADCASTING  
ASSOCIATION OF  
AUSTRALIA

# Community Broadcasting Suicide Prevention Project

November 2019

Track	Topic
1	<p>We catch up with Rachel Bowes, Head of Crisis Services and Quality, to find out about the anonymous help and support you can access through <b>Lifeline's</b> telephone service.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> "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..."</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 learn about <b>RUOK Mate</b>, an Action on Google where you can role play scenarios and get tips on how, when and where to ask 'are you okay?'</p> <p><b>DUR:</b> 1:43</p> <p><b>FW:</b> "Asking someone you're worried about 'R U OK?' isn't always easy, but it could change a life..."</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 learn about the information and support you can access through <b>SANE Australia</b> if you're caring for someone who is living with complex mental health issues, including the online carers forum which is available 24 hours a day.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> "If you're caring for someone who is living with mental health issues, then a great place to get information and support is through SANE Australia..."</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>Patrice O'Brien from <b>Beyond Blue</b> explains what advisors can do if they are noticing worrying changes in the behaviour of a small business owner.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> "Beyond Blue has developed a new guide called Supporting small business owners to improve their mental health and wellbeing at work..."</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 catch up with <b>ReachOut</b> CEO Ashley de Silva to find out about the high levels of exam stress experienced by young people around Australia.</p> <p><b>DUR:</b> 1:28</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>
6	<p><b>Mark McConville</b>, who is a comedian, suicidologist and Director of The Laughter Clinic, reflects on how attitudes to suicide prevention and mental health have changed in the six years he has been involved with the annual Suicide Prevention Comedy Fundraiser.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “The annual Suicide Prevention Comedy Fundraiser was held in Brisbane recently, aiming to both raise funds for the Australian Institute for Suicide Research and Prevention and to reduce the stigma surrounding suicide...”</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>We find out about some of the key <b>Lifeline</b> services you can access online, including their chat service.</p> <p><b>DUR:</b> 2:05</p> <p><b>FW:</b> “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...”</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 find out more about <b>RUOK Mate</b>, an Action on Google where you can role play scenarios and get tips on how, when and where to ask ‘are you okay?’.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “Asking someone you’re worried about ‘R U OK?’ isn’t always easy, but it could change a life...”</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><b>SANE Australia</b> CEO Jack Heath tells about about the importance of their online carers forum, especially for those living in rural and regional communities.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “If you’re caring for someone who is living with mental health issues, then a great place to get information and support is through SANE Australia...”</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>Author, journalist, mental health advocate and Beyond Blue worker <b>Jill Stark</b> shares some things that we can all do if we’re feeling alone or worrying that we’re not normal or okay.</p> <p><b>DUR:</b> 1:40</p>

	<p><b>FW:</b> “Author, journalist, mental health advocate and Beyond Blue worker Jill Stark knows first-hand what it can feel like to live with anxiety...”</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>R U OK? Community Ambassador Mostapha Kourouche</b> tells us why it’s important that we all have the ability to trust our gut when we’re worried about a friend, family member or workmate.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “In the lead-up to this year’s RU OK?Day, suicide prevention organisation R U OK? visited 24 communities around Australia, travelling around 14,000 kilometres...”</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>ReachOut</b> CEO Ashley de Silva tells us about some of the things young people can do to cope with stress and ensure they stay well during exam periods.</p> <p><b>DUR:</b> 1:39</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>
13	<p>We learn more about <b>Beyond Blue’s</b> <i>Supporting small business owners to improve their mental health and wellbeing at work</i> guide.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “Beyond Blue has developed a new guide called Supporting small business owners to improve their mental health and wellbeing at work...”</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 learn about the information and support you can access through <b>SANE Australia</b> if you’re caring for someone who is living with complex mental health issues, including the SANE Helpline where carers can speak with a mental health professional between 10am and 10pm on weekdays.</p> <p><b>DUR:</b> 1:57</p> <p><b>FW:</b> “If you’re caring for someone who is living with mental health issues, then a great place to get information and support is through SANE Australia...”</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>Mark McConville</b>, who is a comedian, suicidologist and Director of The Laughter Clinic, explains how we can all reach out to those around us who are doing it tough and help to bring laughter and positivity back into their lives.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “The annual Suicide Prevention Comedy Fundraiser was held in Brisbane recently, aiming to both raise funds for the Australian Institute for Suicide Research and Prevention and to reduce the stigma surrounding suicide...”</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>Author, journalist, mental health advocate and Beyond Blue worker <b>Jill Stark</b> shares some more things that we can all do if we’re feeling alone or worrying that we’re not normal or okay.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “Author, journalist, mental health advocate and Beyond Blue worker Jill Stark knows first-hand what it can feel like to live with anxiety...”</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 find out more about the support and suicide prevention services <b>Lifeline</b> provide to those experiencing a personal crisis, including their text service.</p> <p><b>DUR:</b> 1:53</p> <p><b>FW:</b> “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...”</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 about some of the resources young people and parents can access from <b>ReachOut.com</b> to help them negotiate the difficult exam period.</p> <p><b>DUR:</b> 1:44</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>
19	<p>Anastasia Symons from <b>R U OK?</b> outlines the support and information people can access to help them to develop the confidence to reach out to someone they’re worried about.</p> <p><b>DUR:</b> 2:17</p> <p><b>FW:</b> “Asking someone you’re worried about ‘R U OK?’ isn’t always easy, but it could change a life...”</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>CEO Jack Heath tells us about <b>SANE Australia</b>’s online chat and email options for carers to get in touch with mental health professionals.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “If you’re caring for someone who is living with complex mental health issues, then a great place to get information and support is through SANE Australia...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>