

# Community Broadcasting Suicide Prevention Project

October 2017

Track	Topic
1	<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> 1:38</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>
2	<p><b>R U OK?</b> CEO Brendan Maher reminds us that we can all play a role, every day, in reaching out to anyone we know who might be doing it tough, and asking them if they’re okay.</p> <p><b>DUR:</b> 1:19</p> <p><b>FW:</b> “Following on from R U OK? Day in September, all Australians are being reminded of the importance of supporting each other all year round...”</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 suicide prevention charity <b>SPEAK UP Stay ChatTY</b>, whose dedicated approach to suicide prevention and awareness has seen them positively affect the lives of thousands of Tasmanians.</p> <p><b>DUR:</b> 1:34</p> <p><b>FW:</b> “When his younger brother Ty took his own life in 2013, Mitch McPherson founded the suicide prevention charity SPEAK UP Stay ChatTY...”</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>Perinatal Anxiety and Depression Australia</b> CEO Terri Smith outlines the types of issues people can call the mental health telephone counselling service about.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “PANDA – or Perinatal Anxiety and Depression Australia – works to</p>

	<p>raise awareness and reduce stigma around perinatal anxiety and depression...”</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 Owen Catto from the <b>Regional Men’s Health Initiative</b> in Western Australia to find out about the work they’re doing to encourage blokes to talk to their mates and reach out when they need some help.</p> <p><b>DUR:</b> 1:01</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>
6	<p>We learn about <b>Live4Life</b>, a schools and community partnership that focuses on mental health promotion and suicide prevention in the Macedon Ranges in central Victoria.</p> <p><b>DUR:</b> 1:35</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>Media personality and presenter of the TV series ‘Man Up’ <b>Gus Worland</b> says we need to show Australian boys and men that it’s okay to reach out when they’re going through tough times.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “Gus Worland is well-known to many as a broadcaster Sydney’s Triple M radio station, and also for his role as a passionate advocate for the health and happiness of Australian men...”</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 profile the <b>SANE Blog</b>, which is a great place to go to find articles about a range of topics related to mental health and illness.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “The SANE Blog is a great place to go to find articles about a range of topics related to mental health and illness...”</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 community impacts of <b>Suicide Story</b>, a unique suicide prevention program created by Aboriginal people who live and work in the targeted communities.</p> <p><b>DUR:</b> 1:27</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</p>

	the support of the Australian Government Department of Health.”
10	<p>We catch up with Suzanne Leckie from <b>SANE Australia</b> to find out about some practical things you can do when supporting someone who’s doing it tough.</p> <p><b>DUR:</b> 1:45</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>
11	<p>We learn about the <b>Heads Up website</b>, a great starting point for individuals and businesses seeking some tools and strategies to create more mentally healthy workplaces.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “For individuals and businesses seeking some tools and strategies to create more mentally healthy workplaces, a great starting point is visiting the Heads Up website...”</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>We find out more about the <b>Regional Men’s Health Initiative</b> in Western Australia, a great example of a local mental health and suicide prevention initiative which is working to encourage blokes to talk to their mates and reach out when they need some help.</p> <p><b>DUR:</b> 1:13</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>
13	<p>We hear more from <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> 1:32</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>
14	<p>We learn more about suicide prevention charity <b>SPEAK UP Stay ChatTY</b> and the feedback they receive from young Tasmanians who they share their story and message with.</p> <p><b>DUR:</b> 1:28</p> <p><b>FW:</b> “When his younger brother Ty took his own life in 2013, Mitch McPherson founded the suicide prevention charity SPEAK UP Stay ChatTY...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
15	<p>We profile the <b>SANE Forums</b>, which provide a genuine online peer-to-peer support service for people affected by mental illness across Australia, including carers and families, as well as people with lived experience of mental illness.</p> <p><b>DUR:</b> 1:34</p> <p><b>FW:</b> “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across 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>
16	<p>Pauline Neil from Macedon Ranges Shire Council’s <b>Live4Life</b> program provides some advice for young people who are struggling with their well-being.</p> <p><b>DUR:</b> 1:58</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>
17	<p>Media personality and presenter of the TV series ‘Man Up’ <b>Gus Worland</b> provides some advice for men who are going through a difficult time.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “Gus Worland is well-known to many as a broadcaster Sydney’s Triple M radio station, and also for his role as a passionate advocate for the health and happiness of Australian men...”</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 the <b>SANE Blog</b>, which is a great place to go to find articles about a range of topics related to mental health and illness.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “The SANE Blog is a great place to go to find articles about a range of topics related to mental health and illness...”</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 hear more 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> 1:28</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>
20	<b>Perinatal Anxiety and Depression Australia</b> CEO Terri Smith encourages

all mums and dads to feel confident in calling their helpline if they think they might need some support.

**DUR:** 1:23

**FW:** “PANDA – or Perinatal Anxiety and Depression Australia – works to raise awareness and reduce stigma around perinatal anxiety and depression...”

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