

Community Broadcasting Suicide Prevention Project

October 2020

Track	Topic
1	<p>Sara Bartlett from Mindframe explains why it's so important that the media covers stories relating to mental illness and violence and crime safely and responsibly.</p> <p>DUR: 1:50</p> <p>FW: "The media is a key source of information about mental illness for the public, and research shows media coverage can influence public attitudes and perceptions of mental ill-health..."</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 hear about the award-winning Better Off With You campaign, which features real stories told by local people who share their experiences of suicidal thoughts and feeling like a burden on the people in their life, and how they came to see things differently.</p> <p>DUR: 1:49</p> <p>FW: "SANE Australia has been named as the winner of the Media Award in the recent 17th annual LiFE Awards acknowledging excellence in suicide prevention..."</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 learn about the work being done by the Grapevine Group, a grassroots organisation which is dedicated to raising awareness for suicide prevention in the Mackay region.</p> <p>DUR: 1:29</p> <p>FW: "The LiFE Awards celebrate the commitment and determination of those working towards the reduction of suicide within our communities..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>We catch up with PANDA CEO Julie Borninkhof to find out about this year's PANDA Week and the new resources they are hoping to develop for culturally and linguistically diverse and Aboriginal and Torres Strait Islander parents.</p> <p>DUR: 1:43</p> <p>FW: "PANDA Week will be going ahead as usual in November, and this year, more than ever, it's vital that expecting and new parents who are struggling know they're not alone and can reach out for help..."</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 find out from ReachOut about the large increase during 2020 in the number of young people who rated study stress as one of their top concerns.</p> <p>DUR: 1:15</p> <p>FW: “For young people around Australia, in particular those in Year 12, normal levels of study stress have been increased due to COVID-19-related disruption and uncertainty...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>We learn about the new guidelines Mindframe have developed which empower safe and responsible reporting on the issues of mental illness in the context of violence and crime, and which seek to minimise stigma and promote help-seeking behaviour.</p> <p>DUR: 1:40</p> <p>FW: “When it comes to complex mental illnesses such as psychosis and schizophrenia, media coverage tends to emphasise negative aspects, often choosing to focus on portrayals of violence, unpredictability and danger to others...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>SANE Australia CEO Jack Heath explains why it’s so important to involve those with a lived experience of suicide or suicide ideation to shine the light on suicide prevention and help save lives.</p> <p>DUR: 1:59</p> <p>FW: “SANE Australia has been named as the winner of the Media Award in the recent 17th annual LiFE Awards acknowledging excellence in suicide prevention...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Peter Henderson from Kids Helpline tells us about the safe space their online peer support group ‘My Circle’ provides for young people to share their thoughts.</p> <p>DUR: 1:41</p> <p>FW: “Kids Helpline is Australia’s only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25...”</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 hear about the free life-saving suicide prevention training Grapevine Group has provided to over 5,600 people in the Mackay region.</p> <p>DUR: 1:25</p> <p>FW: “The LiFE Awards celebrate the commitment and determination of those working towards the reduction of suicide within our communities...”</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 catch up with Annie Wylie from ReachOut to find out about some practical things young people can do to take a proactive approach to study stress.</p> <p>DUR: 1:45</p> <p>FW: “For young people around Australia, in particular those in Year 12, normal levels of study stress have been increased due to COVID-19-related disruption and uncertainty...”</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 find out about PANDA’s Mental Health Checklist for Expecting and New Parents, which helps people worried about their feelings and alerts them whether they should seek help.</p> <p>DUR: 2:00</p> <p>FW: “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</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 new guidelines Mindframe have developed which empower safe and responsible reporting on the issues of mental illness in the context of violence and crime.</p> <p>DUR: 1:25</p> <p>FW: “When it comes to complex mental illnesses such as psychosis and schizophrenia, media coverage tends to emphasise negative aspects, often choosing to focus on portrayals of violence, unpredictability and danger to others...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>SANE Australia CEO Jack Heath tells us about the Practical Guide to Running an Online Suicide Prevention Campaign which has been developed featuring lessons from the Better Off With You campaign.</p> <p>DUR: 1:56</p> <p>FW: “SANE Australia has been named as the winner of the Media Award in the recent 17th annual LiFE Awards acknowledging excellence in suicide prevention...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>We hear about the Help-a-Mate cards volunteer organisation Grapevine Group has provided to people in the Mackay region, which list all the local suicide prevention resources as well as national helplines and online services.</p> <p>DUR: 1:34</p> <p>FW: “The LiFE Awards celebrate the commitment and determination of those working towards the reduction of suicide within our communities...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

15	<p>We catch up with PANDA CEO Julie Borninkhof to find out how people can get involved in PANDA Week.</p> <p>DUR: 1:50</p> <p>FW: “PANDA Week will be going ahead as usual in November, and this year, more than ever, it’s vital that expecting and new parents who are struggling know they’re not alone and can reach out for help...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Annie Wylie from ReachOut explains what parents can do to support young people who are experiencing study stress.</p> <p>DUR: 1:42</p> <p>FW: “For young people around Australia, in particular those in Year 12, normal levels of study stress have been increased due to COVID-19-related disruption and uncertainty...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>SANE Australia CEO Jack Heath encourages all of us to share the real stories featured in the Better Off With You campaign with anyone in our lives who we’re worried about.</p> <p>DUR: 1:36</p> <p>FW: “SANE Australia has been named as the winner of the Media Award in the recent 17th annual LiFE Awards acknowledging excellence in suicide prevention...”</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 ask Peter Henderson from Kids Helpline who he would encourage to access their telephone support service or online support and information.</p> <p>DUR: 1:30</p> <p>FW: “Kids Helpline is Australia’s only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Grapevine Group president Debbie Knight explains why local responses to suicide prevention are so important.</p> <p>DUR: 1:27</p> <p>FW: “The LiFE Awards celebrate the commitment and determination of those working towards the reduction of suicide within our communities...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>We ask Sara Bartlett from Mindframe who she would encourage to check out their new guidelines on media reporting of severe mental illness in the context of violence and crime.</p> <p>DUR: 1:18</p> <p>FW: “When it comes to complex mental illnesses such as psychosis and schizophrenia, media coverage tends to emphasise negative aspects, often choosing to focus on portrayals of violence, unpredictability and danger to others...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>