

Community Broadcasting Suicide Prevention Project

September 2018

Track	Topic
1	<p>We find out about the #YouCanTalk campaign, which aims to empower and increase confidence when it comes to talking about suicide.</p> <p>DUR: 1:40</p> <p>FW: “Led by some of Australia’s national mental health and suicide prevention organisations, the YouCanTalk campaign is paving a new direction for suicide prevention in Australia...”</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 look at the work MATES in Construction has done over the past decade to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.</p> <p>DUR: 1:52</p> <p>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...”</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 speak with SANE Australia about recent research which shows people living with complex mental illness are 13-45 times more likely to take their own life than those living without mental illness.</p> <p>DUR: 1:59</p> <p>FW: “Recent research released by Suicide Prevention Australia and SANE Australia shows people living with complex mental illness are 13-45 times more likely to take their own life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

4	<p>R U OK? 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>DUR: 1:24</p> <p>FW: "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>LW: "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 Stuart Lovell from Huon Aquaculture, a recent winner of a suicide prevention award, and ask why it's important for businesses to embed suicide prevention programs into their workplaces.</p> <p>DUR: 1:54</p> <p>FW: "Around Australia, a range of businesses are developing and delivering mental health awareness and suicide prevention programs..."</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 speak with Declan, a young person living with borderline personality disorder, about the importance of not using short-term strategies to deal with the impacts of mental ill health.</p> <p>DUR: 1:41</p> <p>FW: "SANE Australia has partnered with youth mental health charity batyr to help 14 young adults experiencing mental illness to share their stories..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
7	<p>We catch up with Everymind director Jaelea Skehan, who says a key message of the #YouCanTalk campaign is that you don't need to be a clinician, a GP, or a nurse to check in with someone you're worried about.</p> <p>DUR: 1:50</p> <p>FW: "Led by some of Australia's national mental health and suicide prevention organisations, the YouCanTalk campaign is paving a new direction for suicide prevention in Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
8	<p>Joe Williams provides some advice for people in terms of the role we can all play in looking out for each other in our families, workplaces and communities.</p> <p>DUR: 1:37</p> <p>FW: "Joe Williams is a proud Wiradjuri man who not only educates others and raises awareness around suicide prevention and mental wellbeing, but also proudly shares his Aboriginal culture..."</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 learn about PANDA's Guide to Groups resource which provides information for those wishing to establish a group program that meets the needs of parents at risk of, or experiencing, perinatal anxiety or depression.</p> <p>DUR: 1:53</p> <p>FW: "PANDA – Perinatal Anxiety and Depression Australia – works to raise awareness and reduce stigma around perinatal anxiety and depression, and provides education services to health professionals and the wider community..."</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 hear more from SANE Australia about recent research which shows people living with complex mental illness are 13-45 times more likely to take their own life than those living without mental illness.</p> <p>DUR: 2:13</p> <p>FW: "Recent research released by Suicide Prevention Australia and SANE Australia shows people living with complex mental illness are 13-45 times more likely to take their own life..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>Glen Poole from the Australian Men's Health Forum reminds us we can all play an important role in reaching out to men in our lives to encourage them to address their problems before these start to impact significantly on their well-being.</p> <p>DUR: 1:52</p> <p>FW: "The Australian Men's Health Forum is the peak body for men's health in Australia, and plays a key role in advocating for more time and resources to be put into the prevention of male suicide..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
12	<p>Declan, a young person living with borderline personality disorder who is sharing his story through the Young Faces of Mental Illness project, encourages other young men to be proactive in finding someone to speak to about their mental health.</p> <p>DUR: 1:49</p> <p>FW: "SANE Australia has partnered with youth mental health charity batyr to help 14 young adults experiencing mental illness to share their stories..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
13	<p>We profile NewAccess, a free <i>beyondblue</i> mental health coaching program that's available in person, by phone or via Skype or FaceTime.</p> <p>DUR: 2:19</p> <p>FW: "If life pressures are causing you stress, you can take action. NewAccess is a free mental health coaching program that's available in person, by phone or via Skype or FaceTime..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
14	<p>Stuart Lovell from Huon Aquaculture tells about the feedback he has received from staff about their award-winning suicide prevention program.</p> <p>DUR: 1:42</p> <p>FW: “Around Australia, a range of businesses are developing and delivering mental health awareness and suicide prevention programs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Sarah Coker from SANE Australia discusses some recent research which highlights the importance of increasing mental health literacy and reducing stigma surrounding mental illness.</p> <p>DUR: 1:49</p> <p>FW: “Recent research released by Suicide Prevention Australia and SANE Australia shows people living with complex mental illness are 13-45 times more likely to take their own life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>CEO Jorgen Gullestrup tells how he has seen awareness of mental health and suicide prevention change in the building and construction industry since MATES in Construction was established.</p> <p>DUR: 2:03</p> <p>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...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>Glen Poole from the Australian Men’s Health Forum reminds us we can all play a role in supporting men to recognise they’re struggling and to get help before small problems turn into big ones.</p> <p>DUR: 1:48</p> <p>FW: “The Australian Men’s Health Forum is the peak body for men’s health in Australia, and plays a key role in advocating for more time and resources to be put into the prevention of male suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Everymind director Jaelea Skehan provides some advice on how to begin a conversation with someone we’re worried about.</p> <p>DUR: 1:38</p> <p>FW: “With research showing many Australians are still unsure about how to speak to someone they’re worried about around the topic of suicide, a new campaign is aiming to empower people and increase confidence when it comes to talking about suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	Declan, a young person living with borderline personality disorder who is

	<p>sharing his story through the Young Faces of Mental Illness project, encourages all young people to check out the videos, but especially those who are struggling with their own well-being.</p> <p>DUR: 1:35</p> <p>FW: “SANE Australia has partnered with youth mental health charity batyr to bring the stories of young people experiencing mental illness to life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>NewAccess coach Lindsay McMahon tells us about the support the program can provide to people who are experiencing problems in drought-affected communities.</p> <p>DUR: 1:47</p> <p>FW: “For people affected by the drought, NewAccess provides a free mental health coaching program in some parts of Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>