

# Community Broadcasting Suicide Prevention Project

July 2016

Track	Topic
1	<p>We learn about <b>The Big Stigma</b>, a new headspace national awareness campaign aimed at informing Australians that the more we talk openly about mental health issues, the easier it becomes for young people to seek help for them.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “For many young Australians, stigma plays a significant role in preventing them from seeking help for mental health issues...”</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 catch up with Aboriginal poet, comedian and performer <b>Steven Oliver</b> to find out why reaching out and asking others if they're okay can make such a big difference in their lives.</p> <p><b>DUR:</b> 1:12</p> <p><b>FW:</b> “Steven Oliver is an Aboriginal poet, comedian and performer whose life has been affected by 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>
3	<p>We hear about a <b>national survey</b> Suicide Prevention Australia has developed that aims to reveal the exposure to, and impact of, suicide in Australia.</p> <p><b>DUR:</b> 1:22</p> <p><b>FW:</b> “Suicide Prevention Australia has developed a national survey that aims to reveal the exposure to, and impact of, suicide in 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>We profile a unique and thought provoking short play called <b>Out Of The Blue</b>, which is about four men who are gathered in a hotel bar to pay tribute to a friend they have lost to suicide.</p> <p><b>DUR:</b> 1:53</p> <p><b>FW:</b> “This year’s National Suicide Prevention Conference features a unique opportunity for the general public to join delegates for a performance and panel discussion...”</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>National Clinical Director of <b>QLife</b> Ross Jacobs explains the much-needed support they provide to LGBTI people through their web chat service.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</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 <b>Butterfly Foundation</b> CEO Christine Morgan and ask her where people can go for support and information if they’re concerned about their body image or eating behaviours.</p> <p><b>DUR:</b> 1:57</p> <p><b>FW:</b> “It is estimated that four per cent of the Australian population suffers from an eating disorder, and that less than 25 per cent of those affected are in treatment...”</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>Country musician <b>Travis Collins</b> explains why he’s so passionate about supporting the work of R U OK?</p> <p><b>DUR:</b> 1:55</p> <p><b>FW:</b> “Travis Collins is a well-known country music musician who is passionate about encouraging others to reach out to those they care about...”</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 more about <b>The Big Stigma</b>, a national awareness campaign aimed at informing Australians that the more we talk openly about mental health issues, the easier it becomes for young people to seek help for them.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “Research has revealed the shocking role that stigma plays in preventing young Australians seeking help for mental health issues...”</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 preview the <b>2016 National Suicide Prevention Conference</b>, which will bring together a range of people and organisations working and researching in the area of suicide prevention.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “The 2016 National Suicide Prevention Conference, from the 24<sup>th</sup> to the 27<sup>th</sup> of July, will bring together a range of people and organisations working and researching in the area of suicide prevention...”</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>Aboriginal poet, comedian and performer <b>Steven Oliver</b> explains how we can start a conversation with someone we care about who may be going through a difficult time.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Steven Oliver is an Aboriginal poet, comedian and performer whose life has been affected by 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>

11	<p>We hear about the support and counselling the <b>Suicide Call Back Service</b> provides for anyone affected by suicide.</p> <p><b>DUR:</b> 1:13</p> <p><b>FW:</b> “The Suicide Call Back Service provides support and counselling for anyone affected by 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>
12	<p>Suicide Prevention Australia’s head of communications <b>Kim Borrowdale</b> shares some of the things she learnt during her trip to the UK after being awarded funding from The Ian Potter Foundation.</p> <p><b>DUR:</b> 2:04</p> <p><b>FW:</b> “Suicide Prevention Australia’s head of communications, Kim Borrowdale, recently returned from the UK...”</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>Country musician <b>Travis Collins</b> explains what people can do if they’re going through a difficult time and where they can get some support.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “Travis Collins is a well-known country music musician who is passionate about encouraging others to reach out to those they care about...”</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 hear more about <b>Out Of The Blue</b>, a short play about four men who are gathered in a hotel bar to pay tribute to a friend they have lost to suicide.</p> <p><b>DUR:</b> 1:53</p> <p><b>FW:</b> “This year’s National Suicide Prevention Conference features a unique opportunity for the general public to join delegates for a performance and panel discussion...”</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>We ask <b>Butterfly Foundation</b> CEO Christine Morgan what we can do to support a friend or family member if we’re concerned they may be affected by an eating disorder.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “It is estimated that four per cent of the Australian population suffers from an eating disorder, and that less than 25 per cent of those affected are in treatment...”</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>We learn more about <b>The Big Stigma</b>, a national awareness campaign aimed at informing Australians that the more we talk openly about mental health issues, the easier it becomes for young people to seek help for them.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “Research has revealed the shocking role that stigma plays in preventing young Australians seeking help for mental health issues...”</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>Suicide Prevention Australia's head of communications <b>Kim Borrowdale</b> speaks about the importance of bringing the issue of suicide into the public spotlight.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> "Suicide Prevention Australia's head of communications, Kim Borrowdale, recently returned from the UK..."</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>National Clinical Director of <b>QLife</b> Ross Jacobs encourages all LGBTI people to access the support they need to deal with any problems relating to their sexuality or gender experience.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> "QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people..."</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 range of information, resources and forums people can access through the <i>beyondblue</i> website.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> "If you're concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue</i>..."</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 catch up with <b>Lifeline</b> CEO Pete Shmigel to find out how people can access anonymous help and support through their telephone service or their online chat service.</p> <p><b>DUR:</b> 1:57</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..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>