

Community Broadcasting Suicide Prevention Project

May 2016

Track information

Track	Topic
1	<p>We catch up with <i>beyondblue</i>'s policy, research and evaluation leader Stephen Carbone to find out some of the key things people should know about anxiety.</p> <p>DUR: 2:01</p> <p>FW: "A survey of 1200 people has revealed one in five Australians believe people experiencing anxiety 'put it on' to avoid difficult or uncomfortable situations..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p>headspace CEO Chris Tanti tells us why it's important for fathers to engage their sons in conversations about mental health.</p> <p>DUR: 1:44</p> <p>FW: "A lot of things go unsaid between young men and their dads - especially when it comes to mental health issues..."</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 profile Children of Parents with a Mental Illness (COPMI), an organisation that provides information for family members across Australia where a parent has a mental illness.</p> <p>DUR: 2:00</p> <p>FW: "COPMI - or Children of Parents with a Mental Illness - is an organisation that provides information for family members across Australia where a parent has a mental illness..."</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 speak with Deepak Vinayak, an inspirational man who has spent much of his time in Australia reaching out to those around him who need help and offering them practical support.</p> <p>DUR: 1:54</p> <p>FW: “Deepak Vinayak is an inspirational man who has spent much of his time in Australia reaching out to those around him who need 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 catch up with Lifeline CEO Pete Shmigel to find out about the support people can expect to receive if they call Lifeline on 13 11 14.</p> <p>DUR: 1:47</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Alison Jansen from the Mental Illness Fellowship Queensland provides some advice on how we can encourage someone we’re concerned about to seek assistance.</p> <p>DUR: 2:09</p> <p>FW: “From time to time we might be concerned about the way someone close to us is behaving, and be worried that something is not quite right...”</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 speak with <i>beyondblue</i> about new research showing many Australians still have misconceptions about anxiety, or are unaware of the condition, its symptoms and treatment.</p> <p>DUR: 1:42</p> <p>FW: “A revamped <i>beyondblue</i> campaign is seeking to raise awareness of anxiety, with new research showing many Australians still have misconceptions about anxiety...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Railway worker Jamie Robertson tells us how the relationships we build in the workplace can be highly important in getting us through tough times.</p> <p>DUR: 1:42</p> <p>FW: “For many of us, our workplaces are an important part of our</p>

	<p>lives – a place where we spend a lot of our time and where we form meaningful friendships...”</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 catch up with Sally Morris from MindOut! and ask why it’s important for organisations and services to be more understanding of the needs of LGBTI people and communities.</p> <p>DUR: 1:55</p> <p>FW: “The first national project of its kind, MindOUT! works with a range of organisations to improve mental health and suicide prevention outcomes for LGBTI people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Deepak Vinayak shares a practical example of how he’s reached out to his neighbours to ask ‘are you okay?’ and provide them with help and support.</p> <p>DUR: 2:25</p> <p>FW: “Deepak Vinayak is an inspirational man who has spent much of his time in Australia reaching out to those around him who need help...”</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 learn about the SANE Help Centre, a great service to contact if you have any questions about mental illness and related topics.</p> <p>DUR: :14</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>headspace CEO Chris Tanti tells us some of the warning signs that Dads can look out for that might indicate their young person needs some help and support.</p> <p>DUR: 1:26</p> <p>FW: “Fathers can play a vital role in identifying the early signs of mental illness and helping their sons get the support they need...”</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 encourage men to contact MensLine anytime of the day and night from anywhere in Australia to talk about any issue that's concerning them.</p> <p>DUR: 1:29</p> <p>FW: "If you're a man who needs someone to talk to about the problems you're facing, then why not give MensLine Australia a call..."</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 Lifeline's online crisis chat service, which is providing people who prefer to make contact online with quick and easy access to help and support.</p> <p>DUR: 1:49</p> <p>FW: "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>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
15	<p>We profile the Suicide Call Back Service, which provides support and counselling for anyone affected by suicide.</p> <p>DUR: 1:22</p> <p>FW: "The Suicide Call Back Service provides support and counselling for anyone affected by suicide..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
16	<p>Alison Jansen from the Mental Illness Fellowship Queensland tells us why it's important that if we notice something is not right for someone we care about, we do something about it.</p> <p>DUR: 1:55</p> <p>FW: "From time to time we might be concerned about the way someone close to us is behaving, and be worried that something is not quite right..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
17	<p>We learn about the SANE Forums, which provide a genuine online peer-to-peer support service for carers and families, as well as people with lived experience of mental illness.</p> <p>DUR: 1:56</p> <p>FW: "If you're living with a mental illness, or if you're a carer, then a great place to get support and share your experiences is by</p>

	<p>checking out SANE Australia’s national online community...”</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 catch up with SANE Australia CEO Jack Heath to find out how we can ensure there is a more positive and realistic understanding among all Australians of the experiences of people with mental illness.</p> <p>DUR: 1:40</p> <p>FW: “SANE Australia and Getty Images have released the results of the first national research project into the way mental illness is portrayed visually in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Deepak Vinayak provides some advice to people from culturally and linguistically diverse backgrounds about the importance of reaching out during difficult times to get the support they need.</p> <p>DUR: 2:03</p> <p>FW: “Deepak Vinayak is an inspirational man who has spent much of his time in Australia reaching out to those around him who need help and offering them practical help...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>headspace CEO Chris Tanti gives Dads some advice on how they can open up a conversation with a young person they’re worried about.</p> <p>DUR: 1:56</p> <p>FW: “Fathers can play a vital role in identifying the early signs of mental illness and helping their sons get the support they need...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>