Community Broadcasting Suicide Prevention Project
November 2016

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| 1     | We profile the Survivors and Mates Support Network, a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men in their adult lives.  
**DUR:** 1:52  
**FW:** “Survivors and Mates Support Network, or SAMSN, is a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 2     | We hear about ReachOut Australia’s new campaign which is reminding young people and their parents that there is life after Year 12 exams.  
**DUR:** 1:24  
**FW:** “As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 3     | We learn about Behind The Seen, a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service providers, as well as their families.  
**DUR:** 1:29  
**FW:** “Behind The Seen is a series of proactive programs developed to raise awareness of the stresses experienced by frontline emergency service providers...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 4     | Mindframe Program Manager Marc Bryant tells us what people working in the media can do to ensure they are representing issues such as mental illness and suicide appropriately.  
**DUR:** 2:14  
**FW:** “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
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<th>Page</th>
<th>Text</th>
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| 5    | We profile **Mates in Construction**, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry.  
**DUR:** 1:37  
**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...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 6    | We catch up with Deputy CEO of **Suicide Prevention Australia** Kim Borrowdale, who highlights the importance of providing more suicide prevention and postvention support for Aboriginal and Torres Strait Islander communities.  
**DUR:** 1:23  
**FW:** “Recent research by Suicide Prevention Australia has highlighted just how far-reaching the impacts of suicide are in Australia...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 7    | We speak with **Jake Gablonski**, a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us.  
**DUR:** 1:32  
**FW:** “Jake Gablonski is a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 8    | We learn about the support **QLife** offers to LGBTI people through their peer-supported telephone and web-based services.  
**DUR:** 1:09  
**FW:** “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex – or LGBTI - people...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 9    | **ReachOut** CEO Jono Nicholas provides some advice for young people to help them cope with the stress of exams.  
**DUR:** 1:30  
**FW:** “As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 10   | We learn more about the support offered by the **Survivors and Mates Support Network** to adult male survivors of childhood sexual abuse.  
**DUR:** 2:22  
**FW:** “Survivors and Mates Support Network, or SAMSN, is a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
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<th>Page</th>
<th>Text</th>
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| 11   | **Mindframe** Program Manager Marc Bryant tells us what people working in the media can do to ensure they promote access to support and services when reporting on mental illness and suicide.  
**DUR:** 1:29  
**FW:** “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 12   | We hear about the support **MensLine Australia** provides to men who need someone to talk to about the problems they’re facing.  
**DUR:** 1:26  
**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, or visit them online...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 13   | We profile the **SANE Help Centre**, which is a great place to get the information you need about mental illness and related topics.  
**DUR:** 2:11  
**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...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 14   | Deputy CEO of **Suicide Prevention Australia** Kim Borrowdale highlights the importance of using the lived experience of suicide to develop meaningful community-focused approaches to suicide prevention.  
**DUR:** 1:21  
**FW:** “Recent research by Suicide Prevention Australia has highlighted just how far-reaching the impacts of suicide are in Australia...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 15   | **Jake Gablonski**, a young Aboriginal man and R U OK? Ambassador, provides some advice for young people about reaching out for some support if they’re feeling down or going through a difficult time.  
**DUR:** 1:18  
**FW:** “Jake Gablonski is a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 16   | We learn more about the support offered by the **Survivors and Mates Support Network** to adult male survivors of childhood sexual abuse.  
**DUR:** 2:08  
**FW:** “Survivors and Mates Support Network, or SAMSN, is a not-for-profit organisation working to increase public awareness of the effects that childhood sexual abuse can have on men...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
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| 17   | We hear about the support **Lifeline** can provide 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.  
**DUR:** 1:56  
**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...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 18   | **Mindframe** Program Manager Marc Bryant tells us why it's important for people working in the community media sector to care for themselves if they're reporting on mental illness and suicide.  
**DUR:** 1:51  
**FW:** “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 19   | We hear more about **ReachOut Australia**’s new campaign which is reminding young people and their parents that there is life after Year 12 exams.  
**DUR:** 1:03  
**FW:** “As around 200,000 Year 12 students near the end of high school, leading digital mental health organisation ReachOut Australia is reminding young people and their parents...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |
| 20   | We learn about the support, information, and links to service providers and recovery groups the **Butterfly Foundation** provides for Australians affected by eating disorders, and their families and friends.  
**DUR:** 1:54  
**FW:** “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers...”  
**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.” |