

Community Broadcasting Suicide Prevention Project

October 2016

Track	Topic
1	<p>We hear about the range of resources and support the Mindframe National Media Initiative provides to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media.</p> <p>DUR: 1:48</p> <p>FW: “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide...”</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 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.</p> <p>DUR: 1:57</p> <p>FW: “People who work as first responders in the emergency services deal with unique lifestyle and incident stresses...”</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 the Suicide Call Back Service, which provides free nationwide professional telephone and online counselling for anyone affected by suicide.</p> <p>DUR: 1:19</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>
4	<p>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.</p> <p>DUR: 1:23</p> <p>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...”</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 speak to the founder of the HALT program, which links tradies to mental health services and helps tradies speak more openly about depression, anxiety and suicide.</p> <p>DUR: 1:21</p>

	<p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</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 look at a national survey from R U OK? which has revealed Australians spend far more of their weekly downtime looking at their TVs and digital devices, compared to the time they spend engaging with family and friends.</p> <p>DUR: 1:51</p> <p>FW: “A national survey from R U OK? has revealed Australians spend far more of their weekly downtime looking at their TVs and digital devices...”</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 find out about Eating Disorders Info, an online resource that uses a simple and easy to use format to give people affected by eating disorders relevant and important information.</p> <p>DUR: 1:27</p> <p>FW: “Eating disorders affect a large number of young people in Australia, as well as their family and friends...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>We caught up with rugby league legend and R U OK? ambassador Brett Finch and ask for his advice for other men who are struggling with their well-being, but are unsure about opening up to friends and family.</p> <p>DUR: 1:43</p> <p>FW: “Rugby league legend and commentator Brett Finch is also an ambassador for R U OK?...”</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 speak to Suicide Prevention Australia about a new national report which shows just how far-reaching suicide is as a serious public health issue in Australia.</p> <p>DUR: 2:40</p> <p>FW: “A new national report, released on World Suicide Prevention Day, shows just how far-reaching suicide is as a serious public health issue in Australia....”</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 Lifeline CEO Pete Shmigel to find out more about the support people can expect to receive if they call Lifeline on 13 11 14.</p> <p>DUR: 1:46</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>

11	<p>We hear more from Jake Gablonski, a young Aboriginal man from Katherine who is highly passionate about the role we can all play in supporting those around us.</p> <p>DUR: 1:31</p> <p>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...”</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 more about Mindframe National Media Initiative, which aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media.</p> <p>DUR: 1:30</p> <p>FW: “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide...”</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 look at the online information, resources and forums you can access through the beyondblue website if you’re concerned about anxiety or depression, or if you know someone who may need some support.</p> <p>DUR: 1:56</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>R U OK? Campaign Director Rebecca Lewis highlights the importance of taking time away from our devices to have more regular meaningful conversations with our family and friends.</p> <p>DUR: 1:37</p> <p>FW: “A national survey from R U OK? has revealed Australians spend an average of 46 hours of their weekly downtime looking at their TVs and digital devices...”</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 learn about the online support QLife provides to Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) people.</p> <p>DUR: 1:23</p> <p>FW: “QLife is a national counselling and referral service for Lesbian, Gay, Bisexual, Transgender and Intersex - or LGBTI - people...”</p> <p>LW: “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 the work the Mindframe National Media Initiative does to encourage responsible representation of mental illness and suicide for priority populations.</p> <p>DUR: 1:23</p> <p>FW: “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

17	<p>Deputy CEO of Suicide Prevention Australia Kim Borrowdale highlights the need for greater community awareness of suicide prevention and a more community-focused approach to prevention.</p> <p>DUR: 2:14</p> <p>FW: “A new national report, released on World Suicide Prevention Day, shows just how far-reaching suicide is as a serious public health issue in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Rugby league legend and R U OK? ambassador Brett Finch encourages us to have meaningful conversations and ask those we care about if they’re okay on a regular basis.</p> <p>DUR: 1:20</p> <p>FW: “Rugby league legend and commentator Brett Finch is also an ambassador for R U OK?...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We hear about ReachOut.com, an anonymous web-based service that provides young people with information, support and skills to improve their mental health and get through tough times.</p> <p>DUR: 1:51</p> <p>FW: “When young people are going through a tough time it’s sometimes hard for them to know where to turn for 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>We hear about the support offered by MensLine Australia to men who need someone to talk to about the problems they’re facing.</p> <p>DUR: 1:28</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, or visit them online...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>