

# Community Broadcasting Suicide Prevention Project

April 2017

Track	Topic
1	<p>We catch up with Pete Shmigel, the CEO of <b>Lifeline</b>, who tells us about some of the services they provide for people who are feeling suicidal.</p> <p><b>DUR:</b> 1:49</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>
2	<p>We look at the significance of the theme of this year’s <b>National Suicide Prevention Conference</b>.</p> <p><b>DUR:</b> 1:39</p> <p><b>FW:</b> “Each year, Suicide Prevention Australia presents the National Suicide Prevention conference, which is open to academics, service providers and the community...”</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 learn about the services and support offered by <b>Kids Helpline</b>, a free, 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p><b>DUR:</b> 1:08</p> <p><b>FW:</b> “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 2...”</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 hear about workshops organised by <b>Survivors and Mates Support Network</b> for health professionals who are supporting men who have experienced childhood sexual abuse.</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> “Supporting someone who has survived childhood sexual abuse can be confronting, even for a health professional...”</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>We find out how people with a lived experience of suicide can become involved in Suicide Prevention Australia’s <b>Lived Experience Network</b>.</p> <p><b>DUR:</b> 1:39</p> <p><b>FW:</b> “Suicide Prevention Australia acknowledges the importance of lived experience to understanding how best to talk about suicide and inform future suicide prevention programs...”</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><b>headspace</b>’s Head of Clinical Practice Vikki Ryall provides some advice for parents who are worried about the well-being of a young person.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “If you’re the parent of a young person who’s going through a tough time, or if they’re experiencing problems with their mental health...”</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>We look at the support, information, and links to service providers and recovery groups <b>the Butterfly Foundation</b> provides for the large numbers of Australians affected by eating disorders, and their families and friends.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “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...”</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 how the <b>SANE Forums</b> are providing a genuine online peer-to-peer support service for people affected by mental illness, including carers and families, as well as people with lived experience of mental illness.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness, including carers and families...”</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 catch up with <b>Perinatal Anxiety and Depression Australia</b> CEO Terri Smith and ask how common depression and anxiety are for expecting and new parents.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “PANDA - or Perinatal Anxiety and Depression Australia - provides a vital service to expecting and new parents...”</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>We find out more about how people with a lived experience of suicide can become involved in Suicide Prevention Australia’s <b>Lived Experience</b></p>

	<p><b>Network.</b></p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> “Suicide Prevention Australia has acknowledged the importance of lived experience to understanding how best to talk about suicide and inform future suicide prevention programs...”</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 catch up with <b>the Butterfly Foundation</b> CEO Christine Morgan and ask her if it’s becoming easier for people in Australia to talk about eating disorders and body image.</p> <p><b>DUR:</b> 2:11</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>
12	<p><b>Lifeline</b> CEO Pete Shmigel tells us how stigma can impact on whether people feel comfortable seeking help.</p> <p><b>DUR:</b> 1:35</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>
13	<p>Dr Sam Batchelor from <b>yourtown</b> and Kids Helpline speaks about how stigma can impact on the way we talk about children and suicide.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Kids Helpline is Australia’s only free, 24/7 phone and online counselling service for young people aged 5 to 25...”</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 catch up with SANE Australia online community manager Nicole Thomas to get some advice for people who are thinking about accessing the <b>SANE Forums</b> for the first time.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “For people whose lives are affected by mental illness, the SANE Forums provide a way for them to feel confident in joining a conversation online...”</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>The executive director and co-founder of <b>Survivors and Mates Support Network</b>, Shane McNamara, tells us about the value of people with lived experience of abuse supporting others.</p> <p><b>DUR:</b> 1:52</p>

	<p><b>FW:</b> “The Survivors and Mates Support Network, or SAMSN, is an organisation that works to support men who have experienced childhood sexual abuse...”</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><b>The Butterfly Foundation</b> CEO Christine Morgan explains why it’s so important for someone with an eating disorder to seek help as early as possible.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> “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 and recovery groups...”</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>We catch up with <b>Mindframe</b> Program Manager Marc Bryant to find out about the support they offer to media around Australia to encourage responsible, accurate and sensitive representation of mental illness and suicide.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media...”</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>The executive director and co-founder of <b>Survivors and Mates Support Network</b>, Shane McNamara, provides some advice to people who want to seek help to deal with the impacts of their childhood sexual abuse.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> “The Survivors and Mates Support Network, or SAMSN is an organisation that works to support men who have experienced childhood sexual abuse...”</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 find out more about how Suicide Prevention Australia’s <b>Lived Experience Network</b> will be part of this year’s National Suicide Prevention Conference.</p> <p><b>DUR:</b> 1:34</p> <p><b>FW:</b> “Suicide Prevention Australia has acknowledged the importance of lived experience to understanding how best to talk about suicide and inform future suicide prevention programs...”</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 learn about <b>headspace School Support</b>, a program that aims to provide suicide prevention and bereavement support for students currently in school.</p>

**DUR:** 1:40

**FW:** “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace...”

**LW:** “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”