

Community Broadcasting Suicide Prevention Project

April 2019

Track	Topic
1	<p>We learn about STRONGER TOGETHER, a targeted suicide prevention campaign R U OK? has launched to help build conversations within Aboriginal and Torres Strait Islander communities.</p> <p>DUR: 1:24</p> <p>FW: “R U OK? has launched STRONGER TOGETHER, a suicide prevention campaign to encourage conversation within Aboriginal and Torres Strait Islander communities...”</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 profile Mindframe’s new Alcohol and Other Drugs guidelines, which aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs.</p> <p>DUR: 1:51</p> <p>FW: “Mindframe’s new Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs...”</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 find out about the support and information Beyond Blue provides for people from Aboriginal and Torres Strait Islander and culturally and linguistically diverse backgrounds.</p> <p>DUR: 1:30</p> <p>FW: “Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live...”</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 hear about the work MindOUT is doing to build the capacity of the mental health and suicide prevention sectors to meet the support and wellbeing needs of LGBTI populations.</p> <p>DUR: 1:24</p>

	<p>FW: “MindOUT is an important national organisation that works to build the capacity of the mental health and suicide prevention sectors to meet the support and wellbeing needs of LGBTI populations...”</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 learn about the anonymous help and support you can access through the Lifeline telephone service, as well as a number of key services you can access online, including their chat service.</p> <p>DUR: 1:41</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>We ask Perinatal Anxiety and Depression Australia (PANDA) why it’s important for more Australians to be aware of perinatal anxiety and depression.</p> <p>DUR: 1:43</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service...”</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 the support and information Beyond Blue provides for Aboriginal and Torres Strait Islander people.</p> <p>DUR: 1:43</p> <p>FW: “Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Melissa Wilson from SANE Australia provides some advice for people who are unsure of taking the first step and contacting the SANE Help Centre.</p> <p>DUR: 1:35</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>
9	<p>We find out more about Mindframe’s new Alcohol and Other Drugs guidelines, which aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs.</p> <p>DUR: 1:49</p> <p>FW: “Mindframe’s new Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and</p>

	<p>responsibly about alcohol and other drugs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Advisory Group chair Dr Vanessa Lee tells us about the importance of Aboriginal and Torres Strait Islander development and guidance of the STRONGER TOGETHER suicide prevention campaign.</p> <p>DUR: 1:50</p> <p>FW: “R U OK? has launched STRONGER TOGETHER, a targeted suicide prevention campaign to encourage conversation within Aboriginal and Torres Strait Islander communities...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Sally Morris, the national MindOUT project coordinator, encourages LGBTI people who might be struggling with their wellbeing to reach out for help and support.</p> <p>DUR: 1:29</p> <p>FW: “MindOUT is an important national organisation that works to build the capacity of the mental health and suicide prevention sectors to meet the support and wellbeing needs of LGBTI populations...”</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 find out about the support you will get if you call the Lifeline telephone service, use their chat service, or take part in their current pilot of a text-based service.</p> <p>DUR: 1:44</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>
13	<p>We find out about the support PANDA provides to women, men and families across Australia affected by anxiety and depression during pregnancy and early parenthood.</p> <p>DUR: 2:03</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents, including a specialist national mental health telephone counselling service...”</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 profile 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: 1:26</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 checking out SANE</p>

	<p>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>
15	<p>We catch up with headspace and ask why it's important for all young people to feel a sense of connection and belonging.</p> <p>DUR: 1:33</p> <p>FW: "Having more of a sense of belonging is great for your mental health. The more relationships we have, the better we can get at connecting with people from all walks of life and the more we learn about ourselves..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
16	<p>Brydie Jameson, Acting Project Lead for suicide prevention at Everymind, tells us why it's important for the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs.</p> <p>DUR: 2:12</p> <p>FW: "<i>Mindframe's</i> new Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs..."</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 find out about the support and information Beyond Blue provides for people from culturally and linguistically diverse backgrounds.</p> <p>DUR: 1:33</p> <p>FW: "Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health..."</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 find out more about STRONGER TOGETHER, a targeted suicide prevention campaign R U OK? has launched to help build conversations within Aboriginal and Torres Strait Islander communities.</p> <p>DUR: 1:21</p> <p>FW: "R U OK? has launched STRONGER TOGETHER, a targeted suicide prevention campaign to encourage conversation within Aboriginal and Torres Strait Islander communities..."</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 learn about the peer-supported telephone and web-based services QLife provides to LGBTI people of all ages.</p> <p>DUR: 1:31</p> <p>FW: "QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
20	<p>We catch up with headspace to find out why it’s important for all young people to feel a sense of connection to a diverse range of people in their lives.</p> <p>DUR: 2:05</p> <p>FW: “Having more of a sense of belonging is great for your mental health. The more relationships we have, the better we can get at connecting with people from all walks of life and the more we learn about ourselves...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>