



COMMUNITY
BROADCASTING
ASSOCIATION OF
AUSTRALIA

Community Broadcasting Suicide Prevention Project

April 2020

Track	Topic
1	<p>We find out why it's important to build stronger relationships so that you can be supported by friends, family and colleagues during tough times.</p> <p>DUR: 1:33</p> <p>FW: "Strong, healthy relationships are a major contributor to a content and fulfilling life..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p>Brendan Maher, Movember's Global Director Mental Health and Suicide Prevention, tells us about the impacts of social isolation on new fathers in Australia.</p> <p>DUR: 1:17</p> <p>FW: "Many new fathers can feel stressed or isolated. To help men navigate the ups and downs of becoming a father, Movember is launching its first ever podcast..."</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 learn about what the recently released 2020 Snapshot for LGBTI Statistics highlights in terms of the current mental health and wellbeing outcomes of LGBTI people in Australia.</p> <p>DUR: 2:03</p> <p>FW: "Although many LGBTI people in Australia live healthy and happy lives, research has demonstrated that a disproportionate number experience poorer mental health outcomes..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>R U OK? Ambassador Craig Mack provides some advice for people in the LGBTI community about the signs they might notice in someone they care about that indicate it's time to engage them in a meaningful conversation.</p> <p>DUR: 1:55</p> <p>FW: "R U OK? is an organisation that promotes the idea that we can all help to support each other..."</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Brendan Maher, Movember’s Global Director Mental Health and Suicide Prevention, explains to us what men can do to ensure they don’t become isolated when they become a dad.</p> <p>DUR: 1:50</p> <p>FW: “New research shows that 1 in 4 Aussie men felt socially isolated when they first became a father, and 1 in 5 one in five lost close mates after becoming a dad...”</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 hear some practical tips for how we can build stronger relationships, including the importance of being a good listener and showing empathy towards others.</p> <p>DUR: 2:03</p> <p>FW: “Being supported by friends, family and colleagues can make a world of difference during tough times, which is why strong interpersonal relationships are so important...”</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 Mentoring Men, a program which focuses on goal-setting and personal development to help men build confidence and self-esteem.</p> <p>DUR: 1:23</p> <p>FW: “Mentoring Men is a program which focuses on goal-setting and personal development to help men build confidence and self-esteem...”</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 learn about a new Tiwi to English phrase book which helps people ask “Are you OK?” and talk about mental health and wellbeing.</p> <p>DUR: 1:20</p> <p>FW: “A new Tiwi to English phrase book to help people ask “Are you OK?” and talk about mental health and wellbeing has been launched...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Charlie Willbridge, Suicide Prevention Officer for the National LGBTI Health Alliance, explains why it’s so important for LGBTI people to be able to reach out for the support and help they need.</p> <p>DUR: 1:44</p> <p>FW: “Although many LGBTI people in Australia live healthy and happy lives, recent research has demonstrated that a disproportionate number experience poorer mental health outcomes...”</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 PANDA CEO Julie Borninkhof to find out about some of the key things new or expecting parents can look out for that might indicate they need to reach out for some support.</p> <p>DUR: 2:10</p> <p>FW: “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</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 find out about the online resources of StandBy – Support after Suicide, Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide.</p> <p>DUR: 1:49</p> <p>FW: “StandBy – Support after Suicide is Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide...”</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 hear some more practical tips for how we can build stronger relationships, including being respectful of others and ensuring we’re available for them.</p> <p>DUR: 1:47</p> <p>FW: “Being supported by friends, family and colleagues can make a world of difference during tough times, which is why strong interpersonal relationships are so important...”</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 profile the Dad in Progress podcast, which aims to help new and expecting dads deal with some of the stress they’re feeling by listening to the experiences of other blokes.</p> <p>DUR: 1:36</p> <p>FW: “New research shows that 1 in 4 Aussie men felt socially isolated when they first became a father, and 1 in 5 one in five lost close mates after becoming a dad...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Charlie Willbridge, Suicide Prevention Officer for the National LGBTI Health Alliance, lets us know where LGBTI people can go to access support when they need it.</p> <p>DUR: 1:46</p> <p>FW: “Although many LGBTI people in Australia live healthy and happy lives, recent research has demonstrated that a disproportionate number experience poorer mental health outcomes...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>R U OK? Ambassador Craig Mack lets us know we don’t need to be an expert or have all the answers to help someone we care about by asking ‘are you okay?’.</p> <p>DUR: 1:34</p>

	<p>FW: “R U OK? is an organisation that promotes the idea that we can all help to support each other...”</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 find out who should listen to the Dad in Progress podcast, which aims to help new and expecting dads deal with some of the stress they’re feeling by listening to the experiences of other blokes.</p> <p>DUR: 1:46</p> <p>FW: “New research shows that 1 in 4 Aussie men felt socially isolated when they first became a father, and 1 in 5 one in five lost close mates after becoming a dad...”</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 more about a new Tiwi to English phrase book which helps people ask “Are you OK?” and talk about mental health and wellbeing.</p> <p>DUR: 1:37</p> <p>FW: “A new Tiwi to English phrase book to help people ask “Are you OK?” and talk about mental health and wellbeing has been launched...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Charlie Willbridge, Suicide Prevention Officer for the National LGBTI Health Alliance, tells us how friends and family members can support LGBTI people who are struggling with their well-being and mental health.</p> <p>DUR: 1:43</p> <p>FW: “Although many LGBTI people in Australia live healthy and happy lives, recent research has demonstrated that a disproportionate number experience poorer mental health outcomes...”</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 some more practical tips for how we can build stronger relationships, including how we can ensure we have well-defined boundaries in those relationships and how we can show others we appreciate them.</p> <p>DUR: 1:45</p> <p>FW: “Being supported by friends, family and colleagues can make a world of difference during tough times, which is why strong interpersonal relationships are so important...”</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 find out more about the online resources of StandBy – Support after Suicide, Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide.</p> <p>DUR: 1:35</p> <p>FW: “StandBy – Support after Suicide is Australia’s leading suicide postvention program dedicated to assisting people and communities impacted by suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

