

## Community Broadcasting Suicide Prevention Project

April 2021

Track	Topic
1	<p>We learn about the <b>Lifeline Care Kit</b>, which is an important resource you can use if someone you love is struggling and you don't know what to say.</p> <p><b>DUR:</b> 1:14</p> <p><b>FW:</b> "On average, eight Australians take their own lives every single day. Friends, families and communities can play a crucial role in reducing a person's distress..."</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 preview the <b>Suicide Prevention Australia Symposium 2021</b>, which presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention.</p> <p><b>DUR:</b> 1:24</p> <p><b>FW:</b> "The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention..."</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>SANE Australia CEO Rachel Green looks back on this year's <b>World Bipolar Day</b> and tells us how they're encouraging everyone to learn more and reduce stigma for people with this diagnosis.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> "Did you know 1.3% of Australians are living with bipolar disorder? Each year on World Bipolar Day at the end of March, SANE Australia celebrates the achievements and voices of people living with bipolar..."</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 catch up with Annie Wylie from <b>ReachOut</b> to find out where young people can go for some support if bad world news is starting to get them down and impact on their well-being.</p> <p><b>DUR:</b> 1:09</p> <p><b>FW:</b> “It can sometimes feel like bad news follows us around. Phones, social media and WiFi make news spread like wildfire, and when something bad breaks, it’s tough to unplug...”</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 about the support offered by <b>Kids Helpline</b>, Australia’s only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p><b>DUR:</b> 1:11</p> <p><b>FW:</b> “Kids Helpline is Australia’s only free, private and confidential 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>
6	<p>Simon Pont from Suicide Prevention Australia tells us about some of high-profile keynote speakers who will be part of the <b>Suicide Prevention Australia Symposium 2021</b>.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention...”</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><b>SANE peer ambassador Stefani Caminiti</b> provides some advice for carers who are unsure about how to offer their support to someone who has attempted suicide, or who is at risk of doing so.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 catch up with Ina Mullin from <b>Lifeline Australia</b> to find out about the important role friends, families and communities can play in reducing a person's distress, which in turn decreases the likelihood of a suicidal crisis.</p> <p><b>DUR:</b> 1:20</p> <p><b>FW:</b> "On average, eight Australians take their own lives every single day. The Lifeline Care Kit will shift how you respond to someone who's having a hard time..."</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 find out about <b>MATES</b>, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> "MATES is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries..."</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>Simon Pont from Suicide Prevention Australia tells us about some of high-profile local suicide prevention experts and people with lived experience who will be part of the <b>Suicide Prevention Australia Symposium 2021</b>.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> "The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention..."</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>Peter Henderson from <b>Kids Helpline</b> explains what young people can expect if they call or visit their website for support.</p> <p><b>DUR:</b> 1:21</p> <p><b>FW:</b> "Kids Helpline is Australia's only free, private and confidential 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>

12	<p><b>SANE Australia</b> CEO Rachel Green explains why it's important that we raise awareness of the experiences of people in Australia living with bipolar, encourage everyone to learn more, and reduce stigma for people with this diagnosis.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> "Did you know 1.3% of Australians are living with bipolar disorder? Following on from the recent World Bipolar Day at the end of March, we caught up with SANE Australia CEO Rachel Green..."</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>We hear about the information and support <b>Beyond Blue</b> provides for people from Aboriginal and Torres Strait Islander and culturally and linguistically diverse backgrounds.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
14	<p><b>SANE peer ambassador Stefani Caminiti</b> explains why it's important for carers to know they're not alone, and to have access to support and information which has been helpful to others in similar situations.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so..."</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>We catch up with Peter Henderson from <b>Kids Helpline</b> to find out about the safe space their online peer support group 'My Circle' provides for young people to share their thoughts.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> "Kids Helpline is Australia's only free, private and confidential 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>
16	<p>We catch up with Suzanne Desailly from <b>MATES</b> in Mining and Energy find out why the suicide prevention programs they run on worksites are so important.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> "MATES is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries..."</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 hear about the range of research, information, education and support strategies <b>Beyond Blue</b> has developed in consultation with Aboriginal and Torres Strait Islander communities and organisations.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “Beyond Blue provides information and support to help everyone in Australia achieve their best possible 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>
18	<p>Peter Henderson from <b>Kids Helpline</b> tells us about the support they’ve been providing to young people during COVID-19.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Kids Helpline is Australia’s only free, private and confidential 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>
19	<p>Ina Mullin from <b>Lifeline Australia</b> tells us more about the important role friends, families and communities can play in reducing a person’s distress, which in turn decreases the likelihood of a suicidal crisis.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “On average, eight Australians take their own lives every single day. The Lifeline Care Kit will shift how you respond to someone who’s having a hard time. ...”</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 hear more about the <b>Suicide Prevention Australia Symposium 2021</b> and the unique opportunity it presents to bring the brightest minds and latest thinking together to promote collaboration around suicide prevention.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>