

Community Broadcasting Suicide Prevention Project

April 2022

Track	Topic
1	<p>We catch up with Dr Grant Blashki from Beyond Blue to find out how disasters can impact on our mental health and well-being.</p> <p>DUR: 1:57</p> <p>FW: “It’s common for communities and individuals affected by a disaster to experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>Annie Wylie from ReachOut highlights some of the common things young people might feel or experience if they’ve been affected by a disaster.</p> <p>DUR: 1:25</p> <p>FW: “If you’ve been personally affected by a natural disaster such as the recent floods, you’re probably feeling a whole lot of different emotions...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>Tess Reddel from Lifeline Australia explains some of the ways natural disasters can impact on people’s well-being.</p> <p>DUR: 1:47</p> <p>FW: “Natural disasters like bushfires, cyclones, drought and the recent floods are extremely challenging for many people across the community...”</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 catch up with PANDA CEO Julie Borninkhof to find out about the experiences of mental illness among men during their journey to becoming a dad.</p> <p>DUR: 1:20</p> <p>FW: “Men’s mental health needs are becoming better understood these days, but sometimes fathers still aren’t part of the story...”</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 SANE Forums, which provide a genuine online peer-to-peer support service for people affected by complex mental illness across Australia.</p> <p>DUR: 1:43</p> <p>FW: “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Dr Grant Blashki from Beyond Blue explains how we can tell the difference between a common reaction to a stressful or traumatic event and signs that indicate we should seek more support.</p> <p>DUR: 1:44</p> <p>FW: “It’s common for communities and individuals affected by a disaster to experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Annie Wylie from ReachOut tells us some of the things young people can do to make them feel physically and emotionally safe following a disaster.</p> <p>DUR: 1:59</p> <p>FW: “If you’ve been personally affected by a natural disaster such as the recent floods, you’re probably feeling a whole lot of different emotions...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Tess Reddel from Lifeline Australia tells about some of the signs that may indicate someone we know is finding it difficult to cope following a natural disaster.</p> <p>DUR: 2:04</p> <p>FW: “Natural disasters like bushfires, cyclones, drought and the recent floods are extremely challenging for many people across the community...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>PANDA CEO Julie Borninkhof explains how men’s experiences of planning ahead and thinking about the impacts of having a new child can be different than those of mothers.</p> <p>DUR: 1:48</p> <p>FW: “Up to 1 in 10 dads experience postnatal anxiety and/or depression, and mental health concerns can affect their enjoyment of being a dad...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

10	<p>Sophie Potter from SANE Australia tells us who's using the SANE Forums and the kinds of conversations they're having online.</p> <p>DUR: 1:56</p> <p>FW: "The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>Tess Reddel from Lifeline Australia tells us about some of the things we can do to help us cope and get the support we need following a natural disaster.</p> <p>DUR: 1:58</p> <p>FW: "Natural disasters like bushfires, cyclones, drought and the recent floods are extremely challenging for many people across the community..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
12	<p>Dr Grant Blashki from Beyond Blue highlights some things we can do to help deal with the emotional impacts of a disaster.</p> <p>DUR: 2:13</p> <p>FW: "It's common for communities and individuals affected by a disaster to experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
13	<p>Annie Wylie from ReachOut explains the importance of young people talking to someone as early as possible about what they've experienced and how they're feeling following a disaster.</p> <p>DUR: 1:38</p> <p>FW: "If you've been personally affected by a natural disaster such as the recent floods, you're probably feeling a whole lot of different emotions..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
14	<p>Tess Reddel from Lifeline Australia tells us more about the things we can do to help us cope and get the support we need following a natural disaster.</p> <p>DUR: 1:59</p> <p>FW: "Natural disasters like bushfires, cyclones, drought and the recent floods are extremely challenging for many people across the 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 learn more about the SANE Forums, which allow people whose lives are affected by complex mental illness to feel confident in joining a conversation online on an anonymous basis.</p> <p>DUR: 1:54</p> <p>FW: “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Dr Grant Blashki from Beyond Blue explains how we can all play a key role in supporting those around us if they’re struggling to cope after a disaster.</p> <p>DUR: 1:44</p> <p>FW: “It’s common for communities and individuals affected by a disaster to experience a range of thoughts, feelings and behaviours that can be intense, confusing and frightening...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
17	<p>Annie Wylie from ReachOut tells us where where young people can go for help if they’re feeling overwhelmed by stress from a natural disaster.</p> <p>DUR: 1:43</p> <p>FW: “If you’ve been personally affected by a natural disaster such as the recent floods, you’re probably feeling a whole lot of different emotions...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>PANDA CEO Julie Borninkhof highlights some signs that might indicate new fathers are struggling and need some support.</p> <p>DUR: 1:26</p> <p>FW: “Up to 1 in 10 dads experience postnatal anxiety and/or depression, and mental health concerns can affect their enjoyment of being a dad...”</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 catch up with Tess Reddel from Lifeline Australia to get some advice on how to communicate and support our children following a natural disaster.</p> <p>DUR: 1:52</p> <p>FW: “Natural disasters like bushfires, cyclones, drought and the recent floods are extremely challenging for many people across the community...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Sophie Potter from SANE Australia provides some advice for people who are thinking about accessing the SANE Forums for the first time.</p> <p>DUR: 1:36</p> <p>FW: “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across Australia...”</p>

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