

## Community Broadcasting Suicide Prevention Project

August 2021

Track	Topic
1	<p>We find out about the new framework developed by <b>Suicide Prevention Australia</b>, in collaboration with its members and stakeholders, to build workforce capacity to respond to people experiencing suicidal thoughts and behaviours.</p> <p><b>DUR:</b> 1:22</p> <p><b>FW:</b> “Suicide Prevention Australia, in collaboration with its members and stakeholders, have developed a new framework to build the capacity of the non-clinical suicide prevention workforce ”</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 catch up with mental health service <b>ReachOut Parents</b> to find out about new research showing that many Australian parents are concerned about their teens' use of social media.</p> <p><b>DUR:</b> 1:18</p> <p><b>FW:</b> “Mental health service ReachOut Parents has released new research showing that many Australian parents are concerned about their teens' use of social 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>
3	<p>Dr David Moore provides some advice for <b>dads who might be experiencing experience perinatal depression and anxiety</b>.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need...”</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 learn about the support the <b>National Indigenous Postvention Service</b> provides to individuals, families, and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:49</p> <p><b>FW:</b> “The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma...”</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>With research showing around one in ten men experience a mental illness in their journey to becoming a dad, we catch up with <b>PANDA CEO Julie Borninkhof</b> to get some advice for new dads who are worried about how they’re feeling or coping.</p> <p><b>DUR:</b> 2:04</p> <p><b>FW:</b> “Men’s mental health needs are becoming better understood these days – but sometimes fathers still aren’t part of the story...”</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>Sharon Bower from <b>Suicide Prevention Australia</b> explains why it’s important for employers and staff to know how to promote wellbeing and how to intervene effectively to reduce distress and suicidal behaviour in their workplace.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “Suicide Prevention Australia, in collaboration with its members and stakeholders, have developed a new framework to build the capacity of the non-clinical suicide prevention workforce...”</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>Jackie Hallan from <b>ReachOut Parents</b> tells us why it’s important for parents and carers to better understand the world of social media, and to feel confident talking to their teens about it.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “Mental health service ReachOut Parents has released new research showing that approximately one third of Australian parents are concerned about their teens’ use of social 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>
8	<p><b>#6Bs founder Bradley Millsted</b> provides some advice for men who think a mate might be going through a difficult time.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “The 6Bs is a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load...”</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 the launch by <b>R U OK?</b> of 'Are they really OK? Ask them today', which aims to encourage all Australians to think about how the people in their world are really going.</p> <p><b>DUR:</b> 1:57</p> <p><b>FW:</b> "R U OK?Day is Thursday the 9th of September. It's a national day of action when all Australians are reminded that every day is the day to ask, "are you OK?" if someone in your world is struggling with life's ups and downs..."</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 learn more about the support the <b>National Indigenous Postvention Service</b> provides to individuals, families, and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:56</p> <p><b>FW:</b> "The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma..."</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><b>R U OK? Community Ambassador Justin Geange</b> tells us how we can stay connected in a modern world where many of us have become isolated, especially due to the impacts of COVID.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> "Justin Geange is someone who really knows, and actively promotes, the importance of reaching out to those around us and asking R U OK?..."</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>Simon Pont from <b>Suicide Prevention Australia</b> highlights the role employers and staff can play in having a positive impact through their workplace contacts with people experiencing distress.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> "Suicide Prevention Australia, in collaboration with its members and stakeholders, have developed a new framework to build the capacity of the non-clinical suicide prevention workforce..."</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 David Moore explains why <b>perinatal depression and anxiety</b> is less associated with men than it is with women.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> "Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need..."</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>Jackie Hallan from <b>ReachOut Parents</b> tells us about the practical information the new 'Parents Guide to Instagram' guide provides for parents and carers to help them keep their teens safe when using social media.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> "Mental health service ReachOut Parents has released new research showing that approximately one third of Australian parents are concerned about their teens' use of social 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>
15	<p>We learn more about the theme of <b>R U OK?Day</b> this year: 'Are they really OK? Ask them today', which focuses on encouraging us to think about how the people in our world are really going.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> "R U OK?Day is Thursday the 9th of September. It's a national day of action when all Australians are reminded that every day is the day to ask, "are you OK?" if someone in your world is struggling with life's ups and downs..."</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>Sharon Bower from <b>Suicide Prevention Australia</b> tells us who she would encourage to check out and engage with the new national framework for suicide prevention in the workplace.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> "Suicide Prevention Australia, in collaboration with its members and stakeholders, have developed a new framework to build the capacity of the non-clinical suicide prevention workforce..."</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>Psychologist and suicidologist Annie Fardell Hartley tells us who she would encourage to get involved in <b>R U OK?Day</b> this year.</p> <p><b>DUR:</b> 1:53</p> <p><b>FW:</b> "R U OK?Day is Thursday the 9th of September. It's a national day of action when all Australians are reminded that every day is the day to ask, "are you OK?" if someone in your world is struggling with life's ups and downs..."</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>We hear about how the <b>National Indigenous Postvention Service</b> works with communities to ensure an appropriate response is put in place to support bereaved individuals and families.</p> <p><b>DUR:</b> 2:00</p> <p><b>FW:</b> “The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma...”</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>Dr David Moore lets us know how <b>perinatal depression and anxiety</b> can manifest itself in men.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need...”</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>Jackie Hallan from <b>ReachOut Parents</b> highlights some of the key steps parents and carers can take to help ensure their teens’ online experiences are safe and positive.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> “Mental health service ReachOut Parents has released new research showing that approximately one third of Australian parents are concerned about their teens’ use of social 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>