

Community Broadcasting Suicide Prevention Project

December 2020

Track	Topic
1	<p>Ina Mullin from Lifeline tells us some practical things we can do plan ahead and make Christmas a little less stressful.</p> <p>DUR: 2:07</p> <p>FW: “For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time, and even a time of crisis...”</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 Support Act, Australia’s only charity delivering crisis relief services to artists, crew and music workers as a result of ill health, injury, a mental health problem, or some other crisis that impacts on their ability to work in music.</p> <p>DUR: 1:28</p> <p>FW: “Support Act is Australia’s only charity delivering crisis relief services to artists, crew and music workers as a result of ill health, injury, a mental health problem, or some other crisis...”</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 Life After Bushfires, a new online resource featuring real stories from people affected by complex mental health issues who lived through last year’s bushfire season.</p> <p>DUR: 1:33</p> <p>FW: “Life After Bushfires is a new online resource, featuring real stories from people affected by complex mental health issues who lived through last year’s bushfire season...”</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 learn about the A World Where LivingWorks podcast, which focuses on different communities and cultures around the world to try to better understand the concept of suicide and its prevention in their context.</p> <p>DUR: 1:31</p> <p>FW: “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere...”</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 hear about the support Blue Knot Foundation provides for adults impacted by complex trauma, including 1 in 4 adult Australians who have experienced childhood trauma.</p> <p>DUR: 1:46</p> <p>FW: “Blue Knot Foundation is the National Centre of Excellence for Complex Trauma. They empower recovery and build resilience for adults impacted by complex trauma, including 1 in 4 adult Australians who have experienced childhood trauma...”</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 learn about the Support Act Wellbeing Helpline, which is available to anyone working in Australian music who needs to talk about any aspect of their mental health.</p> <p>DUR: 1:57</p> <p>FW: “Support Act is Australia’s only charity delivering crisis relief services to artists, crew and music workers as a result of ill health, injury, a mental health problem, or some other crisis...”</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 hear about research conducted by youth mental health organisation ReachOut which has found that a large number of young people living in regional, rural and remote areas of Australia are worried about their future.</p> <p>DUR: 1:07</p> <p>FW: “Research conducted by youth mental health organisation ReachOut has found that a large number of young people living in regional, rural and remote areas of Australia are worried about their future...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

8	<p>Ina Mullin from Lifeline explains why it's important that we all make an effort to reach out to each other and support those who may need extra help to cope this holiday season.</p> <p>DUR: 1:47</p> <p>FW: "For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time, and even a time of crisis..."</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 learn what we can expect to hear in the second series of the podcast A World Where LivingWorks about the concept of suicide and its prevention in different communities and cultures around the world.</p> <p>DUR: 1:45</p> <p>FW: "Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
10	<p>Project Lead Arianne Forsyth tells us about the practical resources Life After Bushfires can provide you with if you were affected by last year's bushfire season.</p> <p>DUR: 1:44</p> <p>FW: "Life After Bushfires is a new online resource, featuring real stories from people affected by complex mental health issues who lived through last year's bushfire season..."</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 catch up with Blue Knot Foundation President Dr. Cathy Kezelman to find out how COVID-19 has affected the demand for support for people with complex trauma histories.</p> <p>DUR: 1:44</p> <p>FW: "Blue Knot Foundation is the National Centre of Excellence for Complex Trauma. They empower recovery and build resilience for adults impacted by complex trauma, including 1 in 4 adult Australians who have experienced childhood trauma..."</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 learn about the workshops Support Act runs to help artists, crew and music workers to understand the signs and symptoms of mental ill health, have a conversation with someone suffering from mental ill health, and manage their own self-care.</p> <p>DUR: 1:59</p> <p>FW: “Support Act is Australia’s only charity delivering crisis relief services to artists, crew and music workers as a result of ill health, injury, a mental health problem, or some other crisis...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>A World Where LivingWorks podcast host Kim Borrowdale explains why it’s important for us all to learn more about and talk more openly about suicide prevention in all communities.</p> <p>DUR: 1:47</p> <p>FW: “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere...”</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 catch up with Annie Wylie from ReachOut to find out more about the key issues that are causing stress for young people in regional, rural and remote areas.</p> <p>DUR: 1:27</p> <p>FW: “Research has found that over 50 per cent of young people living in regional, rural and remote areas of Australia are worried about their future, however when compared to their city counterparts they are less likely to seek support...”</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 find out about the Life After Bushfires forum, which provides an online space for people affected by the bushfires to share knowledge and experiences.</p> <p>DUR: 1:53</p> <p>FW: “Life After Bushfires is a new online resource, featuring real stories from people affected by complex mental health issues who lived through last year’s bushfire season...”</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 about the National Counselling and Referral Service for people with disability affected by violence, abuse, neglect and exploitation.</p> <p>DUR: 1:33</p> <p>FW: “Blue Knot Foundation is the National Centre of Excellence for Complex Trauma. They empower recovery and build resilience for adults impacted by complex trauma, including 1 in 4 adult Australians who have experienced childhood trauma...”</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 ask A World Where LivingWorks host Kim Borrowdale who she would encourage to listen to the new series of this important suicide prevention podcast.</p> <p>DUR: 1:17</p> <p>FW: “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere...”</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 catch up with Ina Mullin from Lifeline Australia and ask for her advice for people who may be thinking about contacting Lifeline over the Christmas period.</p> <p>DUR: 1:18</p> <p>FW: “For most people, Christmas is a very happy time of the year. However, for some it can be a very sad and lonely time, and even a time of crisis...”</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 find out more about Life After Bushfires, a new online resource featuring real stories from people affected by complex mental health issues who lived through last year’s bushfire season.</p> <p>DUR: 1:17</p> <p>FW: “Life After Bushfires is a new online resource, featuring real stories from people affected by complex mental health issues who lived through last year’s bushfire season...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Support Act CEO Clive Miller explains why the support they provide has been particularly important during what has been an unusual and difficult year for those working in music and the arts.</p> <p>DUR: 1:59</p> <p>FW: “Support Act is Australia’s only charity delivering crisis relief services to artists, crew and music workers as a result of ill health, injury, a mental health problem, or some other crisis that impacts on their ability to work in music...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>