

## Community Broadcasting Suicide Prevention Project

December 2021

Track	Topic
1	<p>We learn about <b>LivingWorks I-ASIST</b>, the world's first suicide intervention skills training program developed by, and for, Indigenous Australian communities.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> "LivingWorks I-ASIST is the world's first suicide intervention skills training program developed by, and for, Indigenous Australian communities..."</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 find out about the support you can access from <b>Lifeline's</b> telephone service if you find the holiday period difficult, stressful or isolating.</p> <p><b>DUR:</b> 1:16</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>Program clinician Amelia Walker explains why it's so important to acknowledge that <b>perinatal mental health</b> impacts people differently.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> "In another turbulent year, the nation's mental health has taken a collective hit, and it's more important than ever for Australians who are struggling to be seen and heard..."</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>Annie Wylie from <b>ReachOut</b> explains why it's important for young people to make sure they have time out to relax and be in their own space over the holiday period.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> "Christmas is meant to be a time of celebration, but for some young people the 'season of goodwill' can easily slip into ill-will and a tonne of stress..."</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>Dean Bayliss, a proud Kamilaroi man and CEO of Healing Works Australia, tells us what difference friends and family can make if they've received <b>I-ASIST</b> training and know how to identify people with suicidal thoughts as early as possible.</p> <p><b>DUR:</b> 1:24</p> <p><b>FW:</b> "LivingWorks I-ASIST is the world's first suicide intervention skills training program developed by, and for, Indigenous Australian communities..."</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>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>
7	<p>We find out about the <b>National Indigenous Postvention Service</b>, which supports individuals, families, and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> "Thirrili is an organisation that operates National Indigenous Postvention Service, which 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>
8	<p>Program clinician Amelia Walker explains how the events of the last year have had an impact on the <b>mental health of expectant and new parents</b>.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "In another turbulent year, the nation's mental health has taken a collective hit, and it's more important than ever for Australians who are struggling to be seen and heard..."</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>Rachel Bowes from <b>Lifeline</b> tells us about the anonymous help and support you can access through their chat and text services during the holiday period.</p> <p><b>DUR:</b> 1:48</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

10	<p>Annie Wylie from <b>ReachOut</b> explains what young people can do if Christmas is a time of family tension due to dealing with a split family, being away from loved ones, or for other reasons.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “Christmas is meant to be a time of celebration, but for some young people the ‘season of goodwill’ can easily slip into ill-will and a tonne of stress...”</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> 1:25</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>Dean Bayliss, a proud Kamilaroi man and CEO of Healing Works Australia, tells us about some of the key benefits of the <b>I-ASIST</b> suicide intervention skills training program for the Aboriginal and Torres Strait Islander communities he works with.</p> <p><b>DUR:</b> 1:25</p> <p><b>FW:</b> “LivingWorks I-ASIST is the world’s first suicide intervention skills training program developed by, and for, Indigenous Australian communities...”</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>Program clinician Amelia Walker explains what we can do as a society to make it easier for <b>expectant and new parents</b> to reach out for support.</p> <p><b>DUR:</b> 1:46</p> <p><b>FW:</b> “In another turbulent year, the nation’s mental health has taken a collective hit, and it’s more important than ever for Australians who are struggling to be seen and heard...”</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>Thirrili CEO Jacqueline McGowan-Jones</b> encourages all Aboriginal and Torres Strait Islander people impacted by the loss of someone to suicide to reach out for support.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “Thirrili is an organisation that operates National Indigenous Postvention Service, which 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>

15	<p>Rachel Bowes from <b>Lifeline</b> explains how we can plan ahead if we know this holiday period may be stressful or isolating for us.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>Annie Wylie from <b>ReachOut</b> tells us what young people can do reach out for some support if they’re struggling to cope over the holiday period.</p> <p><b>DUR:</b> 1:21</p> <p><b>FW:</b> “Christmas is meant to be a time of celebration, but for some young people the ‘season of goodwill’ can easily slip into ill-will and a tonne of stress...”</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>Dean Bayliss, a proud Kamilaroi man and CEO of Healing Works Australia, tells us who he would encourage to find out more about the <b>I-ASIST</b> suicide intervention skills training program.</p> <p><b>DUR:</b> 1:16</p> <p><b>FW:</b> “LivingWorks I-ASIST is the world’s first suicide intervention skills training program developed by, and for, Indigenous Australian communities...”</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 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>
19	<p>Program clinician Amelia Walker tells us where we can go for advice and information to <b>help expectant and new parents to manage their mental health.</b></p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “In another turbulent year, the nation’s mental health has taken a collective hit, and it’s more important than ever for Australians who are struggling to be seen and heard...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

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Rachel Bowes from **Lifeline** explains how we can support those around us who may find the holiday period stressful or isolating.

**DUR:** 1:48

**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...”

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