



COMMUNITY
BROADCASTING
ASSOCIATION OF
AUSTRALIA

Community Broadcasting Suicide Prevention Project

February 2021

Track	Topic
1	<p>We catch up with Ina Mullin, National Manager Communications and Public Affairs for Lifeline Australia, to find out about the anonymous help and support you can access through their telephone service.</p> <p>DUR: 1:38</p> <p>FW: “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it, then help is just a phone call away...”</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 catch up with Annie Wylie from ReachOut to find out about some of the things young people can do to start this new school year in a positive way and to cope with any stress or uncertainty they may be experiencing.</p> <p>DUR: 1:15</p> <p>FW: “For young people around Australia, normal levels of study stress were increased throughout 2020 due to COVID-19-related disruption and uncertainty...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>R U OK? Campaign Director Gennie Sheer highlights some of the risk factors which can result in mental health challenges for older people.</p> <p>DUR: 1:51</p> <p>FW: “R U OK? is encouraging all senior Australians to use their life experience to support each other through life’s ups and downs...”</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 You Are Not Alone website, which provides 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>DUR: 1:35</p> <p>FW: “The You Are Not Alone 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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Patrice O’Brien, Beyond Blue’s Chief Community Officer, explains the benefits of creating more mentally healthy workplaces.</p> <p>DUR: 2:05</p> <p>FW: “The Heads Up initiative is designed to promote mentally healthy workplaces, recognising the importance of supporting staff at all levels who may be experiencing problems with their mental wellbeing...”</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 Let’s Talk About Suicide, a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide.</p> <p>DUR: 1:41</p> <p>FW: “Let’s Talk About Suicide is a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide...”</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 find out more about the You Are Not Alone website, which provides 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>DUR: 1:23</p> <p>FW: “The You Are Not Alone 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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Ina Mullin, National Manager Communications and Public Affairs for Lifeline Australia, tells us about the Lifeline services people can access online, including their chat service.</p> <p>DUR: 1:53</p> <p>FW: “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it, then help is just a phone call away...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>R U OK? Campaign Director Gennie Sheer explains why it’s important for older people to support each other through life’s ups and downs.</p> <p>DUR: 1:59</p> <p>FW: “R U OK? is encouraging all senior Australians to use their life experience to support each other through life’s ups and downs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Annie Wylie from ReachOut highlights some practical things young people can do to reduce their stress, or cope with it, as they enter into the 2021 school year.</p> <p>DUR: 1:20</p>

	<p>FW: “For young people around Australia, normal levels of study stress were increased throughout 2020 due to COVID-19-related disruption and uncertainty...”</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 Kim Borrowdale, host of the podcast A World Where LivingWorks, to find out why it’s important for us all to learn more about and talk more openly about suicide prevention in all communities.</p> <p>DUR: 1:51</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>
12	<p>SANE Australia CEO Michelle Blanchard tells us how people have responded to the tools and resources available through You Are Not Alone, an online resource which allows people to find advice that’s relevant to them at any time during their carer journey.</p> <p>DUR: 1:38</p> <p>FW: “The You Are Not Alone 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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Patrice O’Brien, Beyond Blue’s Chief Community Officer, highlights some simple steps workplaces can take to become more mentally healthy.</p> <p>DUR: 1:49</p> <p>FW: “The Heads Up initiative is designed to promote mentally healthy workplaces, recognising the importance of supporting staff at all levels who may be experiencing problems with their mental wellbeing...”</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 learn about MATES in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p>DUR: 1:45</p> <p>FW: “MATES in Construction 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>LW: “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 R U OK? Campaign Director Gennie Sheer to find out about some of the practical things older people can do to recognise when someone they know might be doing it tough, and to check in on them and listen to them.</p> <p>DUR: 1:42</p> <p>FW: “R U OK? is encouraging all senior Australians to use their life experience to support each other through life’s ups and downs...”</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 check out the Mindframe guidelines on media reporting of severe mental illness in the context of violence and crime.</p> <p>DUR: 1:49</p> <p>FW: “The media is a key source of information about mental illness for the public, and research shows media coverage can influence public attitudes and perceptions of mental ill-health...”</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 find out who Lifeline encourages to access their 24-hour support and suicide prevention services via phone, text or chat.</p> <p>DUR: 1:32</p> <p>FW: “If you’re thinking about suicide or experiencing emotional distress, help is available. Lifeline provides those experiencing a personal crisis with access to 24 hour support and suicide prevention services via phone, text or chat...”</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 Patrice O’Brien, Beyond Blue’s Chief Community Officer, to find out about Heads Up and the resources and support it provides to employers, employees and managers to help create more mentally healthy workplaces.</p> <p>DUR: 1:41</p> <p>FW: “The Heads Up initiative is designed to promote mentally healthy workplaces, recognising the importance of supporting staff at all levels who may be experiencing problems with their mental wellbeing...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Annie Wylie from ReachOut tells us where young people can go for support if they’re worried about coping with the school year ahead.</p> <p>DUR: 1:37</p> <p>FW: “For young people around Australia, normal levels of study stress were increased throughout 2020 due to COVID-19-related disruption and uncertainty...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>SANE Australia CEO Michelle Blanchard tells us who she would encourage to visit the You Are Not Alone website and use the tools and resources they’ll find there when supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:45</p> <p>FW: “The You Are Not Alone 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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

Track	Topic
1	<p>We learn about the Lifeline Care Kit, which is an important resource you can use if someone you love is struggling and you don't know what to say.</p> <p>DUR: 1:18</p> <p>FW: "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, which in turn decreases the likelihood of a suicidal 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 catch up with Annie Wylie from ReachOut to find out how future stress can impact young people if they don't reach out for support.</p> <p>DUR: 1:48</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..."</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 learn about Let's Talk About Suicide, a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide.</p> <p>DUR: 1:39</p> <p>FW: "Let's Talk About Suicide is a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

4	<p>PANDA CEO Julie Borninkhof to find out more about how can we tell if what we're experiencing or observing in a loved one who is a new or expecting parent could be a reason to seek help.</p> <p>DUR: 2:04</p> <p>FW: "One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time..."</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 find out about the support offered by Kids Helpline, Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p>DUR: 1:11</p> <p>FW: "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>LW: "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 National Counselling and Referral Service for people with disability affected by violence, abuse, neglect and exploitation.</p> <p>DUR: 1:47</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>
7	<p>We hear about the onsite training being provided by MATES in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p>DUR: 1:47</p> <p>FW: "MATES in Construction 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>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

8	<p>We caught up with Ina Mullin from Lifeline Australia, 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>DUR: 1:22</p> <p>FW: "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>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 highlights some of the key things new or expecting parents can look out for that might indicate they need to reach out for some help.</p> <p>DUR: 2:16</p> <p>FW: "One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time..."</p> <p>LW: "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 Let's Talk About Suicide, a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide.</p> <p>DUR: 1:23</p> <p>FW: "Let's Talk About Suicide is a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>Peter Henderson from Kids Helpline explains what young people can expect if they call or visit their website for support.</p> <p>DUR: 1:25</p> <p>FW: "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>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
12	<p>Annie Wylie from ReachOut provides some advice for young people in regional areas who may be unsure about seeking support if they're experiencing stress about their future.</p> <p>DUR: 1:17</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..."</p> <p>LW: "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 Beyond Blue provides for people from Aboriginal and Torres Strait Islander and culturally and linguistically diverse backgrounds.</p> <p>DUR: 1:32</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Let’s Talk About Suicide podcast presenter and producer Hamish Blunck explains why conversations about suicide and bereavement are especially important for LGBTIQ+ people.</p> <p>DUR: 1:45</p> <p>FW: “Let’s Talk About Suicide is a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide...”</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 catch up with Peter Henderson from Kids Helpline to find out about the safe space their online peer support group ‘My Circle’ provides for young people to share their thoughts.</p> <p>DUR: 1:41</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>We learn about PANDA’s Mental Health Checklist for Expecting and New Parents, which has been designed to help people worried about feelings and alert them whether they should seek help.</p> <p>DUR: 1:32</p> <p>FW: “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</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 hear about the range of research, information, education and support strategies Beyond Blue has developed in consultation with Aboriginal and Torres Strait Islander communities and organisations.</p> <p>DUR: 1:47</p> <p>FW: “Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

18	<p>Peter Henderson from Kids Helpline tells us about the support they've been providing to young people during COVID-19.</p> <p>DUR: 1:30</p> <p>FW: "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>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
19	<p>Ina Mullin from Lifeline Australia 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>DUR: 1:36</p> <p>FW: "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>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
20	<p>We ask presenter and producer Hamish Blunck who he would encourage to check out and listen to Let's Talk About Suicide, a podcast that provides support, conversation, and comfort to people affected by suicide.</p> <p>DUR: 1:36</p> <p>FW: "Let's Talk About Suicide is a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>