

# Community Broadcasting Suicide Prevention Project

January 2021

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

4	<p><b>PANDA</b> 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><b>DUR:</b> 2:04</p> <p><b>FW:</b> "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><b>LW:</b> "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 <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>
6	<p>We find out about the <b>National Counselling and Referral Service</b> for people with disability affected by violence, abuse, neglect and exploitation.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> "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><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 hear about the onsite training being provided by <b>MATES in Construction</b>, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> "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><b>LW:</b> "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 <b>Lifeline Australia</b>, 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><b>DUR:</b> 1:22</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
9	<p><b>PANDA</b> 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><b>DUR:</b> 2:16</p> <p><b>FW:</b> "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><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 <b>Let's Talk About Suicide</b>, a podcast developed by radio station JOY 94.9 that provides support, conversation, and comfort to people affected by suicide.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> "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><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>Annie Wylie from <b>ReachOut</b> 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><b>DUR:</b> 1:17</p> <p><b>FW:</b> "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><b>LW:</b> "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 <b>Beyond Blue</b> provides for people from Aboriginal and Torres Strait Islander and culturally and linguistically diverse backgrounds.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> “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><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>Let’s Talk About Suicide</b> podcast presenter and producer Hamish Blunck explains why conversations about suicide and bereavement are especially important for LGBTIQ+ people.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “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><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 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>
16	<p>We learn about <b>PANDA’s Mental Health Checklist for Expecting and New Parents</b>, which has been designed to help people worried about feelings and alert them whether they should seek help.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> “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><b>LW:</b> “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 <b>Beyond Blue</b> has developed in consultation with Aboriginal and Torres Strait Islander communities and organisations.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health...”</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>Peter Henderson from <b>Kids Helpline</b> tells us about the support they've been providing to young people during COVID-19.</p> <p><b>DUR:</b> 1:30</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>Ina Mullin from <b>Lifeline Australia</b> 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><b>DUR:</b> 1:36</p> <p><b>FW:</b> "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><b>LW:</b> "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 <b>Let's Talk About Suicide</b>, a podcast that provides support, conversation, and comfort to people affected by suicide.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>