

Community Broadcasting Suicide Prevention Project

January 2022

Track	Topic
1	<p>Dr Elizabeth Paton from Everymind explains the support and guidance Mindframe offers to media around Australia to encourage responsible, accurate and sensitive representation of suicide, mental ill-health, and alcohol and other drugs.</p> <p>DUR: 1:23</p> <p>FW: “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of suicide, mental ill-health, and alcohol and other drugs in the Australian mass media...”</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 the 2022 school year in a positive way and to cope with any stress or uncertainty they may be experiencing.</p> <p>DUR: 1:18</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>We hear about the work Gidget Foundation Australia does to raise awareness of perinatal depression and anxiety and provide support for those in need.</p> <p>DUR: 1:17</p> <p>FW: “Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need...”</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: 2:08</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>SANE Australia CEO Rachel Green explains how stigma impacts on people affected by complex mental health issues, their families, and other carers.</p> <p>DUR: 1:32</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness, or believed that what they were saying was inaccurate...”</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 #6Bs, a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load.</p> <p>DUR: 1:54</p> <p>FW: “The 6Bs is a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load...”</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>Dr Elizabeth Paton from Everymind explains why safe media reporting, portrayal and communication about suicide, mental ill-health and alcohol and other drugs is so important.</p> <p>DUR: 1:45</p> <p>FW: “The Mindframe National Media Initiative aims to encourage responsible, accurate and sensitive representation of suicide, mental ill-health, and alcohol and other drugs in the Australian mass media...”</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: 2:19</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>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 2022 school year.</p> <p>DUR: 1:21</p> <p>FW: “For young people around Australia, normal levels of study stress were increased throughout 2021 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>Peter Henderson from Kids Helpline explains what young people can expect if they call or visit their website for support.</p> <p>DUR: 1:26</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>SANE Australia CEO Rachel Green explains why addressing stigma in the media relating to people affected by complex mental health issues is so important.</p> <p>DUR: 1:47</p> <p>FW: “Have you ever been upset or offended by the way the media is portraying mental illness or suicide, or believed that what they were saying was inaccurate...”</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 catch up with Gidget Foundation Australia CEO Arabella Gibson to find out about their Gidget House services for families suffering emotional distress during pregnancy and early parenting.</p> <p>DUR: 1:33</p> <p>FW: “Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need...”</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 more about #6Bs, a grassroots initiative that provides a friendly environment for men to share where they're at with work, health, family and life in general.</p> <p>DUR: 1:41</p> <p>FW: "The 6Bs is a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load..."</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 role the SANE StigmaWatch program plays in promoting responsible reporting of mental ill health and suicide in the Australian media.</p> <p>DUR: 1:43</p> <p>FW: "Have you ever been upset or offended by the way the media is portraying mental illness or suicide, or believed that what they were saying was inaccurate..."</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: 1:34</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>#6Bs founder Bradley Millsteed encourages other farmers and men living in rural communities to have some hobbies and interests outside of the farm.</p> <p>DUR: 1:30</p> <p>FW: "The 6Bs is a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
18	<p>Gidget Foundation Australia CEO Arabella Gibson tells us about the impacts of perinatal depression and anxiety on expectant and new parents around Australia.</p> <p>DUR: 2:00</p> <p>FW: "Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need..."</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: 1:38</p> <p>FW: "For young people around Australia, normal levels of study stress were increased throughout 2021 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>We learn about the support the National Indigenous Postvention Service provides to individuals, families, and communities affected by suicide or other significant trauma.</p> <p>DUR: 1:46</p> <p>FW: "The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>