

Community Broadcasting Suicide Prevention Project

July 2021

Track	Topic
1	<p>We catch up with Justin Geange, who received the Conversation Champion Award at the 2021 Barbara Hocking Memorial Awards, to find out about the tireless work he does to share his story and open up conversations.</p> <p>DUR: 1:56</p> <p>FW: “Justin Geange is someone who really knows, and actively promotes, the importance of reaching out to those around us and asking R U OK?...”</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 ask SANE Peer Ambassador Niall about the importance of changing the way the community perceives people living with schizophrenia.</p> <p>DUR: 1:40</p> <p>FW: “During this year’s Schizophrenia Awareness Week, SANE Australia invited the community to ‘Discover More’ about the creative and passionate people living with schizophrenia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>Gidget Foundation Australia CEO Arabella Gibson explains some of the key signs and symptoms of anxiety or depression that expectant and new parents should keep an eye out for, and which could indicate they need to seek some help.</p> <p>DUR: 1:53</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>Jane Endacott from Movember tells us where Dads can go for more support if they're really struggling with their mental health or their child's behaviour.</p> <p>DUR: 1:09</p> <p>FW: "Dads are a major part of many families, but don't always have the tools to complete parenting programs..."</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 #6Bs, a grassroots initiative that encourages normal blokes to get together, connect with other blokes, and share the load.</p> <p>DUR: 1:52</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>
6	<p>Justin Geange, who received the Conversation Champion Award at the 2021 Barbara Hocking Memorial Awards, tells us why it's important for more of us to share our stories and be open to supporting others around us who are doing it tough.</p> <p>DUR: 1:45</p> <p>FW: "Justin Geange is someone who really knows, and actively promotes, the importance of reaching out to those around us and asking R U OK?..."</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 catch up with PANDA CEO Julie Borninkhof to find out more about the experiences of mental illness among men during their journey to becoming a Dad.</p> <p>DUR: 1:29</p> <p>FW: "Men's mental health needs are becoming better understood these days - but sometimes fathers still aren't part of the story..."</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 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>

9	<p>SANE Peer Ambassador Niall, who lives with schizophrenia and sings in a community choir, is a keen tennis player, and is a published poet, tells us why it's important to him to be so actively involved in the community.</p> <p>DUR: 1:40</p> <p>FW: "During this year's Schizophrenia Awareness Week, SANE Australia invited the community to 'Discover More' about the creative and passionate people living with schizophrenia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
10	<p>PANDA CEO Julie Borninkhof highlights some of the reasons why the birth of a new child can be a difficult time for many Dads.</p> <p>DUR: 1:57</p> <p>FW: "Men's mental health needs are becoming better understood these days - but sometimes fathers still aren't part of the story..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
11	<p>Gidget Foundation Australia CEO Arabella Gibson tells us where expectant and new parents can go for some help and support if they're experiencing signs or symptoms of anxiety or depression.</p> <p>DUR: 1:45</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>
12	<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: 1:40</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>
13	<p>PANDA CEO Julie Borninkhof highlights some of the signs and symptoms of anxiety and depression which could indicate a new Dad might need some help and support.</p> <p>DUR: 2:03</p> <p>FW: "Men's mental health needs are becoming better understood these days - but sometimes fathers still aren't part of the story..."</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 Jane Endacott from Movember to find out about the research that has helped to inform Family Man, a program that provides Dads with simple, yet effective, tools for mastering the art of parenting.</p> <p>DUR: 1:37</p> <p>FW: “Dads are a major part of many families, but don’t always have the tools to complete parenting programs...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Justin Geange, who received the Conversation Champion Award at the 2021 Barbara Hocking Memorial Awards, provides some advice for those of us who might not feel confident asking someone we’re worried about if they’re okay.</p> <p>DUR: 1:36</p> <p>FW: “Justin Geange is someone who really knows, and actively promotes, the importance of reaching out to those around us and asking R U OK?...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<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: 1:46</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>
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: 1:29</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 explains why it’s important for expectant and new parents to take the time to look after their own emotional well-being.</p> <p>DUR: 1:41</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>PANDA CEO Julie Borninkhof tells us more about some of the signs and symptoms of anxiety and depression which could indicate a new Dad might need some help and support.</p> <p>DUR: 1:30</p> <p>FW: “Men’s mental health needs are becoming better understood these days – but sometimes fathers still aren’t part of the story...”</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 Peer Ambassador Niall tells us what he hopes people in the wider community will learn about the realities of what it can be like to be a person living with schizophrenia.</p> <p>DUR: 1:42</p> <p>FW: “During this year’s Schizophrenia Awareness Week, SANE Australia invited the community to ‘Discover More’ about the creative and passionate people living with schizophrenia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>