

Community Broadcasting Suicide Prevention Project

June 2017

Track	Topic
1	<p>We catch up with Suicide Prevention Australia Deputy CEO Kim Borrowdale to find out about this year's National Suicide Prevention Conference and its theme.</p> <p>DUR: 1:15</p> <p>FW: "The 2017 National Suicide Prevention Conference, to be held from the 26th to the 29th of July in Brisbane..."</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 hear about the range of parenting programs provided by yourtown for parents who feel like they're struggling.</p> <p>DUR: 2:02</p> <p>FW: "Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>HALT founder Jeremy Forbes tells us about the support they offer for the loved ones of tradies who are going through difficult times or living with mental illness.</p> <p>DUR: 1:21</p> <p>FW: "Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>Mates in Construction CEO Jorgen Gullestrup tells us how to recognise if someone we know is having a tough time and might be thinking about suicide.</p> <p>DUR: 1:42</p> <p>FW: "Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry..."</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>Butterfly Foundation CEO Christine Morgan outlines some warning signs that can help people recognise if someone they love is struggling with an eating disorder.</p> <p>DUR: 1:49</p> <p>FW: “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers and recovery groups...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Kristen Douglas, the National Manager of the headspace School Support Program, tells us how schools can support a student to seek help after a suicide attempt or bereavement.</p> <p>DUR: 2:01</p> <p>FW: “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace...”</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 part of Hannah’s story, one of a series of real-life personal stories and videos SANE Australia has developed to raise awareness of the realities of people affected by complex mental illness.</p> <p>DUR: 1:51</p> <p>FW: “To coincide with the recent Schizophrenia Awareness Week, SANE Australia has put together a selection of factsheets, articles, personal stories and videos...”</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 catch up with Dr Stephen Carbone from beyondblue to find out what a person can do if they’re concerned about anxiety or depression, and are looking for help for the first time.</p> <p>DUR: 1:35</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue</i>...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>We find out more about the 2017 National Suicide Prevention Conference, which will be held from July 26-19 in Brisbane.</p> <p>DUR: 1:22</p> <p>FW: “The 2017 National Suicide Prevention Conference, to be held from the 26th to the 29th of July in Brisbane...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with</p>

	the support of the Australian Government Department of Health.”
10	<p>HALT founder Jeremy Forbes tells us about the support they have begun to provide to apprentices who are going through difficult times or living with mental illness.</p> <p>DUR: 1:27</p> <p>FW: “Tradies are a key group of Australians who experience mental illness, but who may often not have the information, confidence or support they need to access mental health services...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Mates in Construction CEO Jorgen Gullestrup provides some advice for people who are worried that one of their mates is suicidal.</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 and construction industry...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Elisabeth Kobierski, Client Services Program and Advocacy Manager for yourtown, tells us how parents can benefit from accessing a parenting program.</p> <p>DUR: 1:42</p> <p>FW: “Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia who are going through a difficult time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Butterfly Foundation CEO Christine Morgan shares some of the behaviours and moods that people might display if they’re struggling with an eating disorder.</p> <p>DUR: 1:50</p> <p>FW: “For the large numbers of Australians affected by eating disorders, and their families and friends, the Butterfly Foundation provides support, information, and links to service providers and recovery groups...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Dr Stephen Carbone from beyondblue offers his advice for anyone who is worried that someone close to them is struggling, and wants to help.</p> <p>DUR: 1:48</p> <p>FW: “If you’re concerned about anxiety or depression, or if you know someone who may need some support, help or information, a great place to start is by contacting <i>beyondblue</i>...”</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 ask Kristen Douglas, the National Manager of headspace’s School Support Program, why it’s so important to talk about suicidality in schools.</p> <p>DUR: 1:50</p> <p>FW: “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace...”</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 catch up with Suicide Prevention Australia Deputy CEO Kim Borrowdale to find out more about some of the highlights of this year’s National Suicide Prevention Conference.</p> <p>DUR: 1:35</p> <p>FW: “The 2017 National Suicide Prevention Conference, to be held from the 26th to the 29th of July in Brisbane...”</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 more of Hannah’s story, one of a series of real-life personal stories and videos SANE Australia has developed to raise awareness of the realities of people affected by complex mental illness.</p> <p>DUR: 1:30</p> <p>FW: “To coincide with the recent Schizophrenia Awareness Week, SANE Australia has put together a selection of factsheets, articles, personal stories and videos...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>Elisabeth Kobierski, Client Services Program and Advocacy Manager for yourtown, tells us how children can benefit from their parents attending a parenting program.</p> <p>DUR: 1:51</p> <p>FW: “Many people would be familiar with yourtown, the organisation which provides the Kids Helpline service to young people throughout Australia who are going through a difficult time...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>Kristen Douglas from headspace tells us about the role schools can play in encouraging students to seek help when they’re going through a tough time.</p> <p>DUR: 1:51</p> <p>FW: “If you’re a young person who’s experiencing depression, or if you’re going through a bit of a tough time - then a great place to go for information, advice and support is headspace...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Mates In Construction CEO Jorgen Gullestrup tells us some of the practical things managers and employers can do to support the mental</p>

health of their staff and encourage help seeking.

DUR: 1:30

FW: “Mates in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”

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