

Community Broadcasting Suicide Prevention Project

June 2019

Track	Topic
1	<p>PANDA CEO Terri Smith explains that there's still a lack of awareness of the signs, symptoms and treatment options for perinatal anxiety and depression around Australia, particularly in many rural and remote parts of the country.</p> <p>DUR: 1:50</p> <p>FW: "PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents..."</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 learn about ReachOut NextStep, an online tool that can help young people work out what's going on, and then recommend support options so that they can take the next step.</p> <p>DUR: 1:27</p> <p>FW: "If you're 18–25 years and going through a tough time, ReachOut NextStep is an online tool that can help you work out what's going on..."</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 catch up with Nieves Murray from Suicide Prevention Australia to find out more about this year's National Suicide Prevention Conference theme of 'United in Action'.</p> <p>DUR: 1:22</p> <p>FW: "The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne..."</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 anonymous help and support you can access through Lifeline's telephone service, as well as other key services you can access online.</p> <p>DUR: 1:40</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</p>

	<p>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>
5	<p>We learn that if you’ve ever been upset or offended by the way the media is portraying mental illness or suicide, you can report the article, program or bulletin through the SANE StigmaWatch program.</p> <p>DUR: 1:23</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>
6	<p>PANDA CEO Terri Smith tells us how the stigma around perinatal anxiety and depression can create a sense of shame, and cause vulnerable mums and dads in regional Australia to hide or downplay their real emotions.</p> <p>DUR: 1:44</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Beyond Blue CEO Georgie Harman explains that anxiety is more than just feeling stressed or worried, and that it’s a serious condition that makes it hard to cope with daily life.</p> <p>DUR: 1:53</p> <p>FW: “Anxiety is more than just feeling stressed or worried. It’s a serious condition that makes it hard to cope with daily life...”</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 find out about some of the highlights of this year’s National Suicide Prevention Conference program.</p> <p>DUR: 1:25</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</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 learn about the support and information the SANE Help Centre can provide if you have any questions about mental illness and related topics.</p> <p>DUR: 1:21</p> <p>FW: “If you have any questions about mental illness and related topics, then a great place to get the information you need is by contacting the SANE Help Centre...”</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 ReachOut NextStep, an online tool that can help young people work out what's going on, and then recommend support options so that they can take the next step.</p> <p>DUR: 1:40</p> <p>FW: "If you're 18–25 years and going through a tough time, ReachOut NextStep is an online tool that can help you work out what's going on..."</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 PANDA CEO Terri Smith to find out why it's important that all new and expecting parents have the confidence to reach out for the support they need.</p> <p>DUR: 1:55</p> <p>FW: "PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
12	<p>Beyond Blue CEO Georgie Harman explains that the sooner people with anxiety get support, the more likely they are to recover.</p> <p>DUR: 1:40</p> <p>FW: "Anxiety is the most common mental health condition in Australia. In a 12-month period, over two million Australians experience anxiety..."</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 find out about some of the opportunities people will have to network and work together towards a common goal at this year's National Suicide Prevention Conference.</p> <p>DUR: 1:20</p> <p>FW: "The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne..."</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 the SANE StigmaWatch program, which monitors the Australian media to ensure accurate and respectful representation of mental illness.</p> <p>DUR: 1:33</p> <p>FW: "The SANE StigmaWatch program monitors the Australian media to ensure accurate and respectful representation of mental illness..."</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 the headspace team to find out how developing our social skills can help us to develop more connections and find a sense of belonging.</p> <p>DUR: 1:42</p>

	<p>FW: “Having more of a sense of belonging is great for your mental health. The more relationships we have, the better we can get at connecting with people from all walks of life and the more we learn about ourselves...”</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 more about ReachOut NextStep, an online tool that can help young people work out what’s going on, and then recommend support options so that they can take the next step.</p> <p>DUR: 1:21</p> <p>FW: “If you’re 18–25 years and going through a tough time, ReachOut NextStep is an online tool that can help you work out what’s going on...”</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 profile the support QLife provides for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones.</p> <p>DUR: 1:26</p> <p>FW: “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones...”</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 Nieves Murray from Suicide Prevention Australia and ask who she would encourage to attend this year’s National Suicide Prevention Conference.</p> <p>DUR: 1:23</p> <p>FW: “The 2019 National Suicide Prevention Conference will be held from the 22nd to the 26th of July in Melbourne...”</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 Terri Smith tells us more about why it’s important that all new and expecting parents have the confidence to reach out for the support they need.</p> <p>DUR: 1:50</p> <p>FW: “PANDA, or Perinatal Anxiety and Depression Australia, provides a vital service to expecting and new parents...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Beyond Blue CEO Georgie Harman explains how people can recognise the signs and symptoms of anxiety so that they can seek help as early as possible.</p> <p>DUR: 1:53</p> <p>FW: “Anxiety is the most common mental health condition in Australia. On average, one in four people – one in three women and one in five men – will experience anxiety at some stage in their life...”</p>

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