

Community Broadcasting Suicide Prevention Project

June 2020

Track	Topic
1	<p>R U OK? CEO Katherine Newton explains why it's so important for all of us to stay connected during these unusual times.</p> <p>DUR: 1:40</p> <p>FW: "R U OK? is calling on Australians to include staying connected in their daily routine as they deal with the lasting impact of the coronavirus..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p>PANDA CEO Julie Borninkhof reminds expecting and new parents that it's normal to feel concerned about how the coronavirus will affect their own health as well as that of their baby, their wider family and other loved ones.</p> <p>DUR: 2:01</p> <p>FW: "The impacts of coronavirus are making many expecting and new parents uncertain, worried or anxious..."</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 ReachOut research which shows a large proportion of students in Australia are worried about the impact that COVID-19 will have on their education.</p> <p>DUR: 1:27</p> <p>FW: "ReachOut, Australia's leading online youth mental health service, provides a study support hub to support the mental health and wellbeing of students across Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
4	<p>Tim Hoopmann, who was featured in a recent episode of the <i>Not Alone</i> podcast about work stress, tells us about the key messages and experiences he shared in his conversation with podcast host Marc Fennell.</p> <p>DUR: 1:54</p>

	<p>FW: “When it comes to mental health, we all have our own unique stories to tell. But no matter what we’re going through, there are other people experiencing it too...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
5	<p>R U OK? CEO Katherine Newton explains how a sense of genuine care and concern can change the lives of those around us who are grappling with the impact of recent events.</p> <p>DUR: 1:36</p> <p>FW: “R U OK? is calling on Australians to include staying connected in their daily routine as they deal with the lasting impact of the coronavirus...”</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 Julie Borninkhof tells us how expecting and new parents can tell what emotions and experiences are normal in the current environment and which ones should give them cause for additional concern.</p> <p>DUR: 2:03</p> <p>FW: “It’s completely understandable to feel concerned about how the coronavirus will affect your own health, as well as that of your baby, your wider family and other loved ones...”</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 find out about ReachOut’s COVID-19 Study Support Hub, which aims to support the mental health and wellbeing of students across Australia as they negotiate the impacts on their learning due to COVID-19.</p> <p>DUR: 1:23</p> <p>FW: “ReachOut, Australia’s leading online youth mental health service, provides a study support hub to support the mental health and wellbeing of students across Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Tim Hoopmann, who was featured in a recent episode of the <i>Not Alone</i> podcast, provides some advice for others who are dealing with work stress and aren’t sure what steps they could take to address this.</p> <p>DUR: 1:48</p> <p>FW: “When it comes to mental health, we all have our own unique stories to tell. But no matter what we’re going through, there are other people experiencing it too...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>John Brady from Mates in Construction tells us about the high number of Queensland construction apprentices who have experienced workplace bullying.</p>

	<p>DUR: 1:50</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>
10	<p>We learn about Suicide Prevention Australia’s Quality Improvement Program, which helps suicide prevention organisations in Australia implement mechanisms for assuring the quality, effectiveness and fidelity of programs.</p> <p>DUR: 1:11</p> <p>FW: “Suicide Prevention Australia has developed a Quality Improvement Program that helps suicide prevention organisations in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>John Brady from Mates in Construction explains that it’s important to know where the line is between appropriate treatment of someone who is entering the construction industry at a junior level, and workplace bullying.</p> <p>DUR: 1:49</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>
12	<p>R U OK? CEO Katherine Newton tells us about three steps we can all take to include staying connected in our daily routine as we deal with the lasting impact of the coronavirus.</p> <p>DUR: 1:47</p> <p>FW: “R U OK? is calling on Australians to include staying connected in their daily routine as they deal with the lasting impact of the coronavirus...”</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 provides tips for expecting and new parents who are worried, or experiencing symptoms of anxiety or depression, during these unusual times.</p> <p>DUR: 1:46</p> <p>FW: “It’s completely understandable for new and expecting parents to feel concerned about how the coronavirus will affect their own health, as well as that of their baby...”</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 find out about more about ReachOut’s COVID-19 Study Support Hub and the information and advice it provides for parents on how to help their young person</p>

	<p>develop a routine, maintain motivation and cope with study stress during these unprecedented times.</p> <p>DUR: 1:22</p> <p>FW: “ReachOut, Australia’s leading online youth mental health service, provides a study support hub to support the mental health and wellbeing of students across Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Tim Hoopmann, who was featured in a recent episode of the <i>Not Alone</i> podcast, tells us more about the unique stories he and others have shared about their own mental health journeys.</p> <p>DUR: 1:33</p> <p>FW: “When it comes to mental health, we all have our own unique stories to tell. But no matter what we’re going through, there are other people experiencing it too...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>John Brady from Mates in Construction tells us about the impacts of bullying on apprentices in the construction industry.</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, 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>
17	<p>Tim Hoopmann, who was featured in a recent episode of the <i>Not Alone</i> podcast, tells us who he hopes will tune into this unique podcast to hear everyday Australians talking about their mental health journey.</p> <p>DUR: 1:16</p> <p>FW: “When it comes to mental health, we all have our own unique stories to tell. But no matter what we’re going through, there are other people experiencing it too...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
18	<p>R U OK? CEO Katherine Newton encourages us all to stay connected during these unusual times, and reminds us it’s a good idea to focus on what we can do, rather than what we can’t.</p> <p>DUR: 1:26</p> <p>FW: “R U OK? is calling on Australians to include staying connected in their daily routine as they deal with the lasting impact of the coronavirus...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

<p>19</p>	<p>PANDA CEO Julie Borninkhof tells us about the resources and support new and expecting parents can access if they're worried, or experiencing symptoms of anxiety or depression, as a result of COVID-19.</p> <p>DUR: 2:06</p> <p>FW: "It's completely understandable for new and expecting parents to feel concerned about how the coronavirus will affect their own health, as well as that of their baby..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
<p>20</p>	<p>ReachOut CEO Ashley de Silva provides some advice for young people who are concerned about how they will manage as they negotiate the rest of their school year.</p> <p>DUR: 1:38</p> <p>FW: "ReachOut, Australia's leading online youth mental health service, provides a study support hub to support the mental health and wellbeing of students across Australia..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>