

Community Broadcasting Suicide Prevention Project

June 2021

Track	Topic
1	<p>We look back on Schizophrenia Awareness Week, where SANE Australia invited the community to 'Discover More' about the creative and passionate people living with schizophrenia.</p> <p>DUR: 1:54</p> <p>FW: "During this year's recent 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>
2	<p>We find out about the award-winning Where There's A Will, which is making a difference in the Muswellbrook and Upper Hunter Shires by working to improve literacy in wellbeing and mental health for students, families and the wider community.</p> <p>DUR: 1:44</p> <p>FW: "'Upper Hunter - Where There's a Will' has received the Education Award at the 2021 Barbara Hocking Memorial Awards..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
3	<p>Zero Suicide Institute of Australasia Managing Director Sue Murray explains how having robust policies and procedures, along with high quality frontline training, can make a difference in our healthcare system in terms of the safety of those who are suicidal.</p> <p>DUR: 1:42</p> <p>FW: "The Zero Suicide Institute of Australasia is leading the development of the Zero Suicide Healthcare and Crisis Now frameworks in our region..."</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 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: 1:15</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>
5	<p>Jane Endacott from Movember explains why it’s important for Dads to improve their skills and learn tools such as how to de-escalate difficult situations.</p> <p>DUR: 1:13</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>
6	<p>Where There’s A Will founder Pauline Carrigan tells us why it’s so important that everyone in our communities improves their literacy in wellbeing and mental health.</p> <p>DUR: 1:41</p> <p>FW: “‘Upper Hunter - Where There’s a Will’ has received the Education Award at the 2021 Barbara Hocking Memorial Awards...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>Suzanne Desailly from MATES in Mining and Energy provides some advice for anyone who sees a mate who is struggling or doesn’t seem like themselves.</p> <p>DUR: 1:41</p> <p>FW: “MATES 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>We catch up with Annie Wylie from ReachOut to find out how bad world news can affect young people in terms of their levels of stress or anxiety.</p> <p>DUR: 1:11</p> <p>FW: “Between the 24-hour news cycle and constantly checking your newsfeed, it can feel like bad world news is always in your face...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

9	<p>A World Where LivingWorks podcast host Kim Borrowdale tells us who she would encourage to check out the podcast episodes, and what she thinks they'll learn if they do so.</p> <p>DUR: 1:48</p> <p>FW: "Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere..."</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 catch up with SANE Australia CEO Rachel Green to find out about some of the current gaps in the community's understanding of what it means to be a person living with schizophrenia.</p> <p>DUR: 2:03</p> <p>FW: "During this year's recent 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>
11	<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: 1:35</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 about the collection of articles, quizzes and videos ReachOut Australia has put together to help young people to deal with bad news.</p> <p>DUR: 1:23</p> <p>FW: "Between the 24-hour news cycle and constantly checking your newsfeed, it can feel like bad world news is always in your face..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
13	<p>Where There's A Will founder Pauline Carrigan tells us about their Act of Humanity Awards which recognise an individual or a group of friends who demonstrate support for someone in need.</p> <p>DUR: 1:27</p> <p>FW: "'Upper Hunter - Where There's a Will' has received the Education Award at the 2021 Barbara Hocking Memorial Awards held by suicide prevention organisation 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>

14	<p>Annie Wylie from ReachOut provides some strategies to help young people unplug and avoid being bombarded by bad world news.</p> <p>DUR: 1:04</p> <p>FW: “Between the 24-hour news cycle and constantly checking your newsfeed, it can feel like bad world news is always in your face...”</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 some of the outcomes of Family Man, which was created by Movember to provide dads with simple, yet effective, tools for mastering the art of parenting.</p> <p>DUR: 1:27</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>
16	<p>Annie Wylie from ReachOut shares some practical things young people can do to cope if they’re being affected by bad world news.</p> <p>DUR: 1:47</p> <p>FW: “Between the 24-hour news cycle and constantly checking your newsfeed, it can feel like bad world news is always in your face...”</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 catch up with Zero Suicide Institute of Australasia Managing Director Sue Murray to find out about the resources available on their website, including online training for those working in the healthcare system.</p> <p>DUR: 1:32</p> <p>FW: “The Zero Suicide Institute of Australasia is leading the development of the Zero Suicide Healthcare and Crisis Now frameworks in our region...”</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: 1:58</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>Where There's A Will founder Pauline Carrigan tells us about some of the simple things we can all do to have regular, meaningful conversations and invest more time in the people around us.</p> <p>DUR: 1:58</p> <p>FW: “‘Upper Hunter - Where There’s a Will’ has received the Education Award at the 2021 Barbara Hocking Memorial Awards...”</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 hear how SANE Australia is encouraging all Australians to look beyond the diagnosis and celebrate the people living with schizophrenia who have unique and powerful stories.</p> <p>DUR: 1:34</p> <p>FW: “During this year’s recent 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>