

# Community Broadcasting Suicide Prevention Project

March 2020

Track	Topic
1	<p>We get some tips for expecting and new parents who are worried or experiencing symptoms of <b>anxiety related to natural disasters and other crises</b>.</p> <p><b>DUR:</b> 2:27</p> <p><b>FW:</b> “Climate change, natural disasters or other global crises can have a major impact on how expecting and new parents feel...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
2	<p>We learn about <b>PANDA’s Mental Health Checklist for Expecting and New Parents</b>, which has been designed to help people worried about their feelings and alert them whether they should seek help.</p> <p><b>DUR:</b> 2:00</p> <p><b>FW:</b> “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>We learn about <b>Mentoring Men</b>, a program which focuses on goal-setting and personal development to help men build confidence and self-esteem.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “Social isolation is a key contributor to poor mental health, particularly for men. Mentoring Men is a program which focuses on goal-setting and personal development to help men build confidence and self-esteem...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>Dr Grant Blashki from <b>Beyond Blue</b> explains how young people are likely to be highly concerned about the environment, climate change, and what their futures will look like.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “Young people affected by recent bushfires and natural disasters can be experiencing a range of thoughts, feelings and behaviours that can be confusing and frightening...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

5	<p>We catch up with <b>R U OK? Ambassador Craig Mack</b> to find out about some upcoming plans for ensuring R U OK? messages and resources are shared throughout the LGBTI+ community.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “R U OK? is an organisation that promotes the idea that we can all help to support each other...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p><b>PANDA</b> CEO Julie Borninkhof tells us about some of the key things new or expecting parents can look out for that might indicate they need to reach out for some support.</p> <p><b>DUR:</b> 2:10</p> <p><b>FW:</b> “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</p> <p><b>LW:</b> “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 founder and director Ian Westmoreland to find out more about the <b>Mentoring Men</b> program, and about why addressing social isolation among men is so important.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> “Mentoring Men is a program which focuses on goal-setting and personal development to help men build confidence and self-esteem...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Alex Cowen from <b>Butterfly</b> tells us how young people can aim to make their time on Instagram positive, rewarding and authentic.</p> <p><b>DUR:</b> 2:19</p> <p><b>FW:</b> “For many of us, there are so many pressures; both online and offline. This includes pressure to look a certain way, pressure to act a certain way, and pressure to live life a certain way...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>We get some more tips for expecting and new parents who are worried or experiencing symptoms of <b>anxiety related to natural disasters and other crises</b>, including the importance of practicing self-care.</p> <p><b>DUR:</b> 1:59</p> <p><b>FW:</b> “Climate change, natural disasters or other global crises can have a major impact on how expecting and new parents feel...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p><b>R U OK? Ambassador Craig Mack</b> explains why engaging the people in our lives we’re concerned about in meaningful conversations is so important in the LGBTI+ community.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “R U OK? is an organisation that promotes the idea that we can all help to support each other...”</p>

	<p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We find out about how people can get involved in <b>Laps for Life</b> this March to raise funds and awareness for young people in Australia living with mental health difficulties, and to help prevent youth suicide.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “Frontline digital mental health service ReachOut is calling on people across Australia to take part in Laps for Life – a month-long swimming challenge event happening throughout March...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p><b>R U OK? Ambassador Craig Mack</b> provides some advice for people in the LGBTI+ community about how to start a conversation with someone they’re worried about.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “R U OK? is an organisation that promotes the idea that we can all help to support each other...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>We learn more about <b>PANDA’s Mental Health Checklist for Expecting and New Parents</b>, which has been designed to help people worried about feelings and alert them whether they should seek help.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>We learn how the <b>Laps for Life</b> community swam more than 16,000kms last March to help ReachOut continue its vital work when it comes to early intervention and suicide prevention for young people.</p> <p><b>DUR:</b> 1:14</p> <p><b>FW:</b> “Frontline digital mental health service ReachOut is calling on people across Australia to take part in Laps for Life – a month-long swimming challenge event happening throughout March...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>We hear some more tips for expecting and new parents who are worried or experiencing symptoms of <b>anxiety related to natural disasters and other crises</b>, including the importance of using physical activity to support our wellbeing.</p> <p><b>DUR:</b> 2:05</p> <p><b>FW:</b> “Climate change, natural disasters or other global crises can have a major impact on how expecting and new parents feel about being pregnant or bringing a new little one into the world...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

16	<p>Alex Cowen from <b>Butterfly</b> tells us what young people can do to get support if they're experiencing negative thoughts or feelings as a result of their time on social media.</p> <p><b>DUR:</b> 2:13</p> <p><b>FW:</b> "For many of us, there are so many pressures; both online and offline. This includes pressure to look a certain way, pressure to act a certain way, and pressure to live life a certain way..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
17	<p><b>Mentoring Men</b> founder and director Ian Westmoreland tells us why it can be so important for men to have someone they can confide in when they're going through a difficult time.</p> <p><b>DUR:</b> 1:25</p> <p><b>FW:</b> "Mentoring Men is a program which focuses on goal-setting and personal development to help men build confidence and self-esteem..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
18	<p><b>PANDA</b> CEO Julie Borninkhof explains why it's so important for new and expecting parents to seek help as early as possible if they're experiencing symptoms of depression or anxiety.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "One of the tricky things about having depression or anxiety as a new or expecting parent is that many symptoms can look similar to what most people experience at this time..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
19	<p>ReachOut encourages people from across Australia to get involved in <b>Laps for Life</b> this March to raise funds and awareness for young people living with mental health difficulties, and to help prevent youth suicide.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> "Frontline digital mental health service ReachOut is calling on people across Australia to take part in Laps for Life – a month-long swimming challenge event happening throughout March..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
20	<p>We learn that practicing mindfulness can be an effective tool for expecting and new parents who are worried or experiencing symptoms of <b>anxiety related to natural disasters and other crises</b>.</p> <p><b>DUR:</b> 2:16</p> <p><b>FW:</b> "Climate change, natural disasters or other global crises can have a major impact on how expecting and new parents feel..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>