

## Community Broadcasting Suicide Prevention Project

March 2021

Track	Topic
1	<p>We look ahead to the <b>Suicide Prevention Australia Symposium 2021</b>, which presents a unique opportunity to bring the brightest minds and latest thinking together to promote excellence in suicide prevention.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together...”</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 encourage you to jump in the water for <b>Laps for Life</b>, a month-long swimming challenge that raises funds and awareness for young people in Australia living with mental health difficulties and to help prevent youth suicide.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “ReachOut, Australia’s most accessed online mental health service for young people, is calling on people across Australia to jump in the water in March for Laps for Life...”</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 catch up with Annie Wylie from <b>ReachOut</b> to find out how bad world news can affect young people in terms of their levels of stress or anxiety.</p> <p><b>DUR:</b> 1:14</p> <p><b>FW:</b> “It can sometimes feel like bad news follows us around. Phones, social media and WiFi make news spread like wildfire, and when something bad breaks, it’s tough to unplug. ...”</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>We profile the <b>You Are Not Alone</b> website, which provides information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “The You Are Not Alone website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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>R U OK? Campaign Director Gennie Sheer tells us about the information and resources the <b>Your Natter Matters</b> website provides to older people to empower them with the confidence to reach out and have an R U OK? conversation.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “R U OK? is encouraging all senior Australians to use their life experience to support each other through life’s ups and downs...”</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>We find out how <b>Student Snapshot</b> can help teachers to support students through the significant changes they face as they transition from primary school to high school.</p> <p><b>DUR:</b> 1:20</p> <p><b>FW:</b> “The transition from primary school to secondary school is a significant time of change...”</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><b>SANE peer ambassador Stefani Caminiti</b> tells us how people can ensure they have the support they need to care for someone who has attempted suicide, or who is at risk of doing so, while also looking after themselves.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “The You Are Not Alone website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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>Annie Wylie from <b>ReachOut</b> explains how young people can unplug to avoid being bombarded by bad world news.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “It can sometimes feel like bad news follows us around. Phones, social media and WiFi make news spread like wildfire, and when something bad breaks, it’s tough to unplug...”</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 find out more about the <b>Suicide Prevention Australia Symposium 2021</b>, an online event which will bring together suicide prevention experts to showcase evidence-based solutions and robust discussion, focused on solutions for saving lives.</p> <p><b>DUR:</b> 1:21</p> <p><b>FW:</b> “The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together...”</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>We caught up with Claire Goodall, <b>ReachOut’s</b> Schools Manager, to find out why early development of strong student-teacher relationships is so important as students transition from primary school to high school.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> “The transition from primary school to secondary school is a significant time of change...”</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>Patrice O’Brien, <b>Beyond Blue’s</b> Chief Community Officer, tells us about the support available for small businesses around Australia who want to develop a more mentally healthy workplace.</p> <p><b>DUR:</b> 1:55</p> <p><b>FW:</b> “The Heads Up initiative is designed to promote mentally healthy workplaces, recognising the importance of supporting staff at all levels...”</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>We remind you that people of all swimming abilities can participate in <b>Laps for Life</b>, a month-long challenge that raises funds and awareness for young people in Australia living with mental health difficulties and to help prevent youth suicide.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “ReachOut, Australia’s most accessed online mental health service for young people, is calling on people across Australia to jump in the water in March for Laps for Life...”</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><b>SANE peer ambassador Stefani Caminiti</b> tells us where carers can get the information and advice they need to help them to support someone who has attempted suicide.</p> <p><b>DUR:</b> 1:51</p> <p><b>FW:</b> “The You Are Not Alone website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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>Annie Wylie from <b>ReachOut</b> provides young people with some advice for coping with bad world news and the stress or anxiety it may be causing them.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “It can sometimes feel like bad news follows us around. Phones, social media and WiFi make news spread like wildfire, and when something bad breaks, it’s tough to unplug...”</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 learn more about <b>Student Snapshot</b>, a student self-assessment survey which can be used to generate a wellbeing overview for teachers for students transitioning from primary to secondary school.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “The transition from primary school to secondary school is a significant time of change...”</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><b>R U OK?</b> Campaign Director Gennie Sheer tells us why it’s important for older people to realise that asking someone you’re worried about if they’re okay is not interfering, and could really make a difference.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “R U OK? is encouraging all senior Australians to use their life experience to support each other through life’s ups and downs...”</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>We find out how you can look after your own mental health while raising funds and awareness for young people in Australia living with mental health difficulties by participating in <b>Laps for Life</b> this March.</p> <p><b>DUR:</b> 1:17</p> <p><b>FW:</b> “ReachOut, Australia’s most accessed online mental health service for young people, is calling on people across Australia to jump in the water in March for Laps for Life...”</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>We catch up with Simon Pont from Suicide Prevention Australia to find out more about the <b>Suicide Prevention Australia Symposium 2021</b> and this year's theme of 'Gateway to Excellence'.</p> <p><b>DUR:</b> 1:24</p> <p><b>FW:</b> "The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together..."</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>We find out how teachers have reacted to having access to greater insights into the wellbeing needs of transitioning students through using <b>Student Snapshot</b>.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> "The transition from primary school to secondary school is a significant time of change..."</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>Simon Pont from <b>Suicide Prevention Australia</b> tells us why it's important to have regular opportunities to share ideas and innovations among a wide range of people who are experts in, and are passionate about, suicide prevention.</p> <p><b>DUR:</b> 1:35</p> <p><b>FW:</b> "The Suicide Prevention Australia Symposium 2021 presents a unique opportunity to bring the brightest minds and latest thinking together..."</p> <p><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>