

## Community Broadcasting Suicide Prevention Project

March 2022

Track	Topic
1	<p>We hear about the various options for suicide intervention training provided by <b>LivingWorks</b> which can help us all to learn the skills needed to save a life.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “LivingWorks is an organisation that provides suicide intervention training, with the idea that we all can learn the skills needed to save a 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>
2	<p>We learn why <b>PANDA</b> has developed some new translated resources PANDA providing parents from culturally and linguistically diverse backgrounds with information in their own language.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “It’s important for all new and expecting parents to have access to the information and support they need if they’re experiencing anxiety or depression...”</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 why <b>Laps for Life</b>, a month-long swimming challenge that raises funds awareness about youth mental health and suicide, is so important given the ongoing impacts of the pandemic.</p> <p><b>DUR:</b> 1:14</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>
4	<p><b>We Are Lonely</b> podcast co-host Dr Frederic Kiernan tells us about new research showing that not only are more Australians self-reporting as feeling lonely, they’re feeling lonelier for longer.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “New research has revealed that as the pandemic enters its third calendar year, not only are more Australians self-reporting as feeling lonely, they’re feeling lonelier for longer...”</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 learn about <b>LivingWorks</b> Start, a 90-minute online program that prepares trainees with the skills to recognise when someone is having thoughts of suicide and respond to keep them safe.</p> <p><b>DUR:</b> 1:26</p> <p><b>FW:</b> “LivingWorks is an organisation that provides suicide intervention training, with the idea that we all can learn the skills needed to save a 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>
6	<p>We catch up with James Gillespie, the Workplace Champions Manager at <b>R U OK?</b>, to find out about some simple steps we can all take to ensure we increase a sense of belonging and connection in our workplaces.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “R U OK? has a range of resources, including the R U OK? Workplace Champions Guide, to encourage more business leaders, owners and employees to build an R U OK? Culture in their workplace...”</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 encourage people across Australia jump in the water in March for <b>Laps for Life</b>, a month-long swimming challenge that raises funds for, and awareness about, youth mental health and suicide.</p> <p><b>DUR:</b> 1:21</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>
8	<p><b>We Are Lonely</b> podcast co-host Dr Frederic Kiernan explains some of the reasons why research is showing that Australians are feeling lonelier.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “New research has revealed that as the pandemic enters its third calendar year, not only are more Australians self-reporting as feeling lonely, they’re feeling lonelier for longer...”</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 learn about the translated resources <b>PANDA</b> has developed to ensure parents from culturally and linguistically diverse backgrounds have information in their own language.</p> <p><b>DUR:</b> 2:00</p>

	<p><b>FW:</b> “It’s important for all new and expecting parents to have access to the information and support they need if they’re experiencing anxiety or depression...”</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 hear about the work being done by <b>Gidget Foundation Australia</b> to raise awareness of perinatal depression and anxiety and provide support for those in need.</p> <p><b>DUR:</b> 1:14</p> <p><b>FW:</b> “Gidget Foundation Australia works to raise awareness of perinatal depression and anxiety and provide support for those in need...”</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>Tracey Campbell from ReachOut explains how you’ll be looking after your own mental health while you raise funds to support others by participating in <b>Laps for Life</b> throughout March.</p> <p><b>DUR:</b> 1:16</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>
12	<p>We learn about the new <b>We Are Lonely</b> podcast, which aims to spark meaningful conversations across the country about what it means to be lonely in Australia and the role loneliness plays in our lives.</p> <p><b>DUR:</b> 1:42</p> <p><b>FW:</b> “New research has revealed that as the pandemic enters its third calendar year, not only are more Australians self-reporting as feeling lonely, they’re feeling lonelier for longer...”</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 hear about <b>LivingWorks</b> safeTALK, a half-day workshop that prepares participants to identify people with thoughts of suicide and connect them with life-saving first aid resources.</p> <p><b>DUR:</b> 1:28</p> <p><b>FW:</b> “LivingWorks is an organisation that provides suicide intervention training, with the idea that we all can learn the skills needed to save a 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>
14	<p>James Gillespie, the Workplace Champions Manager at <b>R U OK?</b>, provides some more simple steps we can all take to ensure we increase a sense of belonging and connection in our workplaces.</p>

	<p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “R U OK? has a range of resources, including the R U OK? Workplace Champions Guide, to encourage more business leaders, owners and employees to build an R U OK? Culture in their workplace...”</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><b>PANDA</b> CEO Julie Borninkhof tells us who she would encourage to check out their new translated resources for parents from culturally and linguistically diverse backgrounds.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> “It’s important for all new and expecting parents to have access to the information and support they need if they’re experiencing anxiety or depression...”</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>Tracey Campbell from ReachOut explains that whether you’re a regular swimmer or new to the water, you can get involved in raising awareness and funds for youth mental health throughout the month of March by participating in <b>Laps for Life</b>.</p> <p><b>DUR:</b> 1:09</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>
17	<p>With the Australian Royal Commission into Defence and Veteran Suicide ongoing, we learn about the role <b>LivingWorks</b> suicide intervention training can play in supporting service men, women and their families.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “LivingWorks is an organisation that provides suicide intervention training, with the idea that we all can learn the skills needed to save a 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><b>We Are Lonely</b> podcast co-host Dr Frederic Kiernan provides some advice for people experiencing loneliness.</p> <p><b>DUR:</b> 1:38</p> <p><b>FW:</b> “New research has revealed that as the pandemic enters its third calendar year, not only are more Australians self-reporting as feeling lonely, they’re feeling lonelier for longer...”</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><b>PANDA</b> CEO Julie Borninkhof provides some advice for new and expecting parents from CALD backgrounds who may be struggling and are unsure if they should reach out for some help.</p> <p><b>DUR:</b> 1:39</p> <p><b>FW:</b> “It’s important for all new and expecting parents to have access to the information and support they need if they’re experiencing anxiety or depression...”</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 catch up with the team at <b>ReachOut</b> to find out how young people can unplug to avoid being bombarded by bad world news.</p> <p><b>DUR:</b> 1:28</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>