

Community Broadcasting Suicide Prevention Project

May 2022

Track	Topic
1	<p>We learn about new research by youth mental health organisation ReachOut which has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people.</p> <p>DUR: 1:25</p> <p>FW: “New research by youth mental health organisation ReachOut has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people...”</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 Beyond Blue’s NewAccess for Small Business Owners program, which provides support for the mental health and wellbeing of small business owners.</p> <p>DUR: 1:32</p> <p>FW: “Beyond Blue’s ‘NewAccess for Small Business Owners’ program provides support for the mental health and wellbeing of small business owners...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>Veteran and nurse Brodie Moore reflects on new research that reveals almost two thirds of Australians are not open about their mental health with others.</p> <p>DUR: 1:47</p> <p>FW: “Seeking help and reaching out for support are critical to ensuring we can address issues with our mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>PANDA CEO Julie Borninkhof tells us about the experiences of mental illness among men during their journey to becoming a dad.</p> <p>DUR: 1:22</p> <p>FW: “Men’s mental health needs are becoming better understood these days, but sometimes fathers still aren’t part of the story...”</p> <p>LW: “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 psychologist Peter Hayton to find out why stress can have such a drastic impact on our lives.</p> <p>DUR: 1:45</p> <p>FW: “Following on from Stress Awareness Month, research has revealed that stress impacts the sleep of one in two Australians and dominates the lives of a quarter of us...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>Jackie Hallan from ReachOut tells us about new research which has found young people’s stress about the future is on the rise because of the pandemic.</p> <p>DUR: 1:18</p> <p>FW: “New research by youth mental health organisation ReachOut has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
7	<p>PANDA CEO Julie Borninkhof encourages any dads who are struggling with their well-being and becoming negative to reach out for some support.</p> <p>DUR: 1:38</p> <p>FW: “Up to 1 in 10 dads experience postnatal anxiety and/or depression, and mental health concerns can affect their enjoyment of being a dad, their bond with their baby and their ability to function in daily life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>Veteran and nurse Brodie Moore explains why men can sometimes struggle to open up about their mental health and how they’re feeling.</p> <p>DUR: 1:38</p> <p>FW: “Seeking help and reaching out for support are critical to ensuring we can address issues with our mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Dr Grant Blashki from Beyond Blue tells us why the support provided by the NewAccess for Small Business Owners program is so important given the impacts of COVID and natural disasters on small businesses around Australia.</p> <p>DUR: 1:38</p> <p>FW: “Beyond Blue’s ‘NewAccess for Small Business Owners’ program provides support for the mental health and wellbeing of small business owners...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

10	<p>Jackie Hallan from ReachOut explains how stress about the future can impact on the well-being of young people.</p> <p>DUR: 1:18</p> <p>FW: “New research by youth mental health organisation ReachOut has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Psychologist Peter Hayton explains why it’s important that we seek help if we’re experiencing stress, rather than trying to manage it on our own.</p> <p>DUR: 2:02</p> <p>FW: “Following on from Stress Awareness Month, research has revealed that stress impacts the sleep of one in two Australians and dominates the lives of a quarter of us...”</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 profile the SANE Forums, which provide a genuine online peer-to-peer support service for people affected by mental illness across Australia, as well as people with lived experience of complex mental illness.</p> <p>DUR: 1:57</p> <p>FW: “The SANE Forums provide a genuine online peer-to-peer support service for people affected by mental illness across Australia, including carers and families, as well as people with lived experience of complex mental illness...”</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 explains how men’s experiences of planning ahead and thinking about the impacts of having a new child can be different than for mothers.</p> <p>DUR: 1:52</p> <p>FW: “Up to 1 in 10 dads experience postnatal anxiety and/or depression, and mental health concerns can affect their enjoyment of being a dad, their bond with their baby and their ability to function in daily life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>Veteran and nurse Brodie Moore provides some advice for supporting men in our lives who may be struggling with their mental health.</p> <p>DUR: 1:50</p> <p>FW: “Seeking help and reaching out for support are critical to ensuring we can address issues with our mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

15	<p>Jackie Hallan from ReachOut highlights a range of ways that young people are coping with the stress they're feeling about the future.</p> <p>DUR: 1:30</p> <p>FW: "New research by youth mental health organisation ReachOut has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
16	<p>We hear how Beyond Blue's NewAccess for Small Business Owners program provides a course of one-on-one sessions with coaches with small business experience who have been trained in self-guided treatment.</p> <p>DUR: 2:02</p> <p>FW: "Beyond Blue's 'NewAccess for Small Business Owners' program provides support for the mental health and wellbeing of small business owners..."</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 psychologist Peter Hayton to find out how we can approach managing our stress.</p> <p>DUR: 1:37</p> <p>FW: "Following on from Stress Awareness Month, research has revealed that stress impacts the sleep of one in two Australians and dominates the lives of a quarter of us..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
18	<p>Jackie Hallan from ReachOut provides some advice for young people who are experiencing stress about the future.</p> <p>DUR: 1:28</p> <p>FW: "New research by youth mental health organisation ReachOut has found that stress about the future is having either a moderate or major impact on the wellbeing of nearly 55 percent of young people..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
19	<p>Veteran and nurse Brodie Moore provides some advice for men who aren't used to speaking about their mental health and how they're feeling.</p> <p>DUR: 1:28</p> <p>FW: "Seeking help and reaching out for support are critical to ensuring we can address issues with our mental health..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

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Dr Grant Blashki from Beyond Blue tells us about some of the feedback they've received from small business owners who have accessed the **NewAccess for Small Business Owners** program.

DUR: 1:33

FW: "Beyond Blue's 'NewAccess for Small Business Owners' program provides support for the mental health and wellbeing of small business owners..."

LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."