

Community Broadcasting Suicide Prevention Project

November 2020

| Track | Topic |
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| 1 | <p>We hear about the recently released National Stigma Report Card, which was informed by a survey which captured the experiences of stigma and discrimination of almost 2,000 Australians living with complex mental health issues.</p> <p>DUR: 1:51</p> <p>FW: “New research shows that fear of stigma and discrimination can have significant negative impacts on people living with complex mental health issues...”</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 catch up with Jake Lambert, Movember’s Community Engagement Executive, to find out about the focus of the event this year.</p> <p>DUR: 1:11</p> <p>FW: “As this year’s Movember event kicks off, many people around Australia will be raising funds and awareness for mental health by growing a moustache...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 3 | <p>We find about the focus of this year’s PANDA Week, which is encouraging those affected by mental health challenges to seek help and ‘tell someone who cares’.</p> <p>DUR: 1:35</p> <p>FW: “For the last fifteen years PANDA has been using a week in November to raise awareness about perinatal mental illness and to reduce stigma so those affected can seek help...”</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 learn about MATES in Construction, a program that aims to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p>DUR: 1:25</p> |

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| | <p>FW: “MATES in Construction 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> |
| 5 | <p>Annie Wylie from ReachOut explains where young people can go to get some advice and support if they’re being impacted by study stress.</p> <p>DUR: 1:31</p> <p>FW: “For young people around Australia, in particular those in Year 12, normal levels of study stress have been increased due to COVID-19-related disruption and uncertainty...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 6 | <p>Dr Michelle Blanchard, SANE Australia Deputy CEO and Director of the Anne Deveson Research Centre, tells us about the impacts of stigma and discrimination on relationships for people living with complex mental health issues.</p> <p>DUR: 1:53</p> <p>FW: “New research shows that fear of stigma and discrimination can have significant negative impacts on people living with complex mental health issues...”</p> <p>LW: “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 PANDA CEO Julie Borninkhof, who says they’ll be sharing stories throughout this year’s PANDA Week from their Community Champions and their new Clinical Champions.</p> <p>DUR: 1:52</p> <p>FW: “For the last fifteen years PANDA has been using a week in November to raise awareness about perinatal mental illness and to reduce stigma so those affected can seek help...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p> |
| 8 | <p>Jake Lambert, Movember’s Community Engagement Executive, explains that there’s plenty of other ways to get involved in the event this year apart from growing a mo.</p> <p>DUR: 1:27</p> <p>FW: “As this year’s Movember event kicks off, many people around Australia will be raising funds and awareness for mental health by growing a moustache...”</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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| 9 | <p>Chris Lockwood from MATES explains how they providing basic suicide prevention training in worksites in the building, construction, mining and energy industries.</p> <p>DUR: 1:46</p> <p>FW: “MATES in Construction 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> |
| 10 | <p>Peter Henderson from Kids Helpline tells us about the safe space their online peer support group ‘My Circle’ provides for young people to share their thoughts.</p> <p>DUR: 1:41</p> <p>FW: “Kids Helpline is Australia’s only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25...”</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 learn about two live online events which will be happening during PANDA Week to explore the complex parenting journey: one for care providers and one for families.</p> <p>DUR: 1:38</p> <p>FW: “For the last fifteen years PANDA has been using a week in November to raise awareness about perinatal mental illness and to reduce stigma so those affected can seek help...”</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 find out more about the work of MATES in Construction, a highly practical and industry-focused suicide prevention program that engages workers on sites, encouraging them to look out for workmates at risk.</p> <p>DUR: 1:31</p> <p>FW: “MATES in Construction 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> |
| 13 | <p>SANE Australia Deputy CEO Dr Michelle Blanchard tells us about the impacts of stigma and discrimination on people living with complex mental health issues in terms of employment opportunities and their experiences in the workforce.</p> <p>DUR: 1:59</p> <p>FW: “New research shows that fear of stigma and discrimination can have significant negative impacts on people living with complex mental health issues...”</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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| 14 | <p>Jake Lambert, Movember's Community Engagement Executive, tells us about about some of the important men's mental health support and resources that have resulted from Movember fundraising.</p> <p>DUR: 1:34</p> <p>FW: "As this year's Movember event kicks off, many people around Australia will be raising funds and awareness for mental health by growing a moustache..."</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 catch up with Chris Lockwood from MATES, who says their 24-hour helpline is a great option for getting some help if you're doing it tough, or if you're worried about a mate or family member who is.</p> <p>DUR: 1:46</p> <p>FW: "MATES in Construction 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> |
| 16 | <p>We learn about the new PANDA Learning Hub, an online platform for learning and training which will be launched during PANDA Week.</p> <p>DUR: 1:27</p> <p>FW: "For the last fifteen years PANDA has been using a week in November to raise awareness about perinatal mental illness and to reduce stigma so those affected can seek help..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 17 | <p>SANE Australia Deputy CEO Dr Michelle Blanchard highlights some practical things we can all do to ensure we engage in a more positive way with people living with complex mental health issues.</p> <p>DUR: 1:59</p> <p>FW: "New research shows that fear of stigma and discrimination can have significant negative impacts on people living with complex mental health issues..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 18 | <p>We ask Peter Henderson from Kids Helpline who he would encourage to access their telephone support service or online support and information.</p> <p>DUR: 1:28</p> <p>FW: "Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25..."</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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| 19 | <p>We ask Jake Lambert, Movember's Community Engagement Executive, for his advice and encouragement for people who haven't been involved in Movember before.</p> <p>DUR: 1:19</p> <p>FW: "As this year's Movember event kicks off, many people around Australia will be raising funds and awareness for mental health by growing a moustache..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p> |
| 20 | <p>Chris Lockwood from MATES provides some advice for people in the building, construction, mining and energy industries who might be doing it tough and are unsure about how to reach out and get some help.</p> <p>DUR: 1:35</p> <p>FW: "MATES in Construction 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> |