

## Community Broadcasting Suicide Prevention Project

November 2021

Track	Topic
1	<p>We catch up with <b>Movember's</b> Global Director for Mental Health and Suicide Prevention Brendan Maher to find out more about the focus of the event this year.</p> <p><b>DUR:</b> 1:06</p> <p><b>FW:</b> "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><b>LW:</b> "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
2	<p><b>Mental Health Australia</b> CEO Leanne Beagley explains why prioritising our mental health and wellbeing is more important than ever given all of the stresses and difficulties we're facing.</p> <p><b>DUR:</b> 1:41</p> <p><b>FW:</b> "The COVID-19 pandemic has been a challenging time for managing our mental health..."</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 the support the <b>National Indigenous Postvention Service</b> provides to Aboriginal and Torres Strait Islander individuals, families, and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> "Thirrili is an organisation that operates National Indigenous Postvention Service, which supports individuals, families, and communities affected by suicide or other significant trauma..."</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 catch up with the team at <b>ReachOut</b> to find out how young people can manage their feelings of anger and frustration about the news and use them in helpful ways.</p> <p><b>DUR:</b> 1:40</p> <p><b>FW:</b> "We're used to hearing that anger is an emotion that's harmful, childish, and something we should avoid..."</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 find out about the focus of this year’s <b>Perinatal Mental Health Week</b>, which is 7-13 November.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “Perinatal Mental Health Week is Sunday the 7th to Saturday the 13th of November...”</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>Mental Health Australia</b> CEO Leanne Beagley provides some advice on how you can look after your mental health.</p> <p><b>DUR:</b> 1:19</p> <p><b>FW:</b> “The COVID-19 pandemic has been a challenging time for managing our mental health...”</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 learn more about the support the <b>National Indigenous Postvention Service</b> provides to Aboriginal and Torres Strait Islander individuals, families, and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:54</p> <p><b>FW:</b> “Thirrili is an organisation that operates National Indigenous Postvention Service, which supports individuals, families, and communities affected by suicide or other significant trauma...”</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>We find out how you can raise funds and awareness for mental health this November by growing a moustache, or by supporting <b>Movember</b> in a range of other ways.</p> <p><b>DUR:</b> 1:07</p> <p><b>FW:</b> “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><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 more from <b>ReachOut</b> about managing our anger related to news and current events, including focusing on what we can and can’t control.</p> <p><b>DUR:</b> 1:24</p> <p><b>FW:</b> “We’re used to hearing that anger is an emotion that’s harmful, childish, and something we should avoid...”</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 find out more about this year's <b>Perinatal Mental Health Week</b> (7-13 November) and hear how COVID-19 has impacted on the support being accessed by new and expecting parents.</p> <p><b>DUR:</b> 1:39</p> <p><b>FW:</b> "Perinatal Mental Health Week is Sunday the 7th to Saturday the 13th of November..."</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><b>Mental Health Australia</b> CEO Leanne Beagley gives us some more advice on how we can look after our mental health, including by connecting with others.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> "The COVID-19 pandemic has been a challenging time for managing our mental health. This makes prioritising our mental health and wellbeing more important than ever..."</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 more from <b>ReachOut</b> about managing our anger related to news and current events, including thinking about the meaningful actions we can take within our circle of control.</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> "We're used to hearing that anger is an emotion that's harmful, childish, and something we should avoid..."</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 remind you that if you contact the <b>National Indigenous Postvention Service</b> following a loss, you'll be yarning with someone who understands what you're going through and who can provide culturally-relevant support.</p> <p><b>DUR:</b> 1:50</p> <p><b>FW:</b> "Thirrili is an organisation that operates National Indigenous Postvention Service, which supports individuals, families, and communities affected by suicide or other significant trauma..."</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>Global Director for Mental Health and Suicide Prevention Brendan Maher tells us out about some of the important men's health support that results from <b>Movember</b> fundraising.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> "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><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>Mental Health Australia</b> CEO Leanne Beagley gives us some more advice on how we can look after our mental health, including maintaining perspective and seeking help if we need to.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “The COVID-19 pandemic has been a challenging time for managing our mental health. This makes prioritising our mental health and wellbeing more important than ever...”</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>The <b>ReachOut</b> team reminds us that that if the anger and frustration we’re feeling about the news is causing us to feel overwhelmed or distressed, it may be important to reach out for some help and support.</p> <p><b>DUR:</b> 1:31</p> <p><b>FW:</b> “We’re used to hearing that anger is an emotion that’s harmful, childish, and something we should avoid...”</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>PANDA CEO Julie Borninkhof tells us who she would encourage to get involved in <b>Perinatal Mental Health Week</b>.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “Perinatal Mental Health Week is Sunday the 7th to Saturday the 13th of November...”</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>Thirrili CEO Jacqueline McGowan-Jones</b> tells us they’re on the lookout for more Aboriginal and Torres Strait Islander staff to join them in supporting families and communities around Australia affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:27</p> <p><b>FW:</b> “Thirrili is an organisation that operates National Indigenous Postvention Service, which supports individuals, families, and communities affected by suicide or other significant trauma...”</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>Global Director for Mental Health and Suicide Prevention Brendan Maher tells us who he would encourage to get involved in <b>Movember</b> this year.</p> <p><b>DUR:</b> 1:11</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

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**Mental Health Australia** CEO Leanne Beagley tells us how we can all play a role in looking after those around us who we think may be struggling with their mental health and wellbeing.

**DUR:** 1:34

**FW:** “The COVID-19 pandemic has been a challenging time for managing our mental health. This makes prioritising our mental health and wellbeing more important than ever...”

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