

Community Broadcasting Suicide Prevention Project

October 2018

Track	Topic
1	<p>We profile the counselling and referral services QLife provides for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones.</p> <p>DUR: 1:30</p> <p>FW: “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones...”</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 hear about the Personal Best section of the <i>beyondblue</i> website, which contains lots of practical ideas and tips to help you improve your mental health and wellbeing.</p> <p>DUR: 1:36</p> <p>FW: “If you’re looking to improve your mental health and wellbeing – or support those around you – then a great place to go for information, stories and strategies is Personal Best...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>NewAccess coach Lindsay McMahon explains why accessing support is so important for people in rural and remote communities who are experiencing difficulties because of drought.</p> <p>DUR: 1:52</p> <p>FW: “Lindsay McMahon knows first-hand how drought can affect people and families in rural communities...”</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 catch up with PANDA CEO Terri Smith and ask why it’s important for people from diverse cultural backgrounds to know about the support they can access through their free Perinatal Anxiety & Depression Helpline.</p> <p>DUR: 2:36</p> <p>FW: “Perinatal anxiety and depression is a serious and common mental illness that occurs during pregnancy or in the year after birth...”</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 learn about the YouCanTalk campaign, which lets people know we all have a key role to play in talking about suicide with those around us.</p> <p>DUR: 1:45</p> <p>FW: “With research showing many Australians are still unsure about how to speak to someone they’re worried about around the topic of suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>SANE Head of Support Services Suzanne Leckie explains why it’s important that we address some of the misconceptions people have about what it’s like to live with depression or anxiety.</p> <p>DUR: 1:53</p> <p>FW: “Around three million Australians are affected by anxiety or depression. It’s a mental illness that should be familiar to many...”</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 MATES in Construction CEO Jorgen Gullestrup and ask him about the steps companies can take to develop workplace cultures and programs that keep workers safe.</p> <p>DUR: 1:54</p> <p>FW: “MATES in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>NewAccess coach Lindsay McMahon provides some advice for people living in areas affected by drought about the importance of reaching out for mental health support.</p> <p>DUR: 2:17</p> <p>FW: “For people affected by the drought, NewAccess provides a free mental health coaching program in some parts of Australia that’s available in person, by phone or via Skype or FaceTime...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>Tarn Lee from QLife explains types of problems or issues people contact them about.</p> <p>DUR: 1:48</p> <p>FW: “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>ReachOut CEO Ashley de Silva tells us about the impacts of cyberbullying on young people around Australia.</p> <p>DUR: 1:07</p> <p>FW: “New research shows that more than one in three Australian school students who have been bullied reported it happened online...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the</p>

	support of the Australian Government Department of Health.”
11	<p>We catch up with Dr Grant Blashki from <i>beyondblue</i> to find out more about the range of advice and resources people can access through the Personal Best website.</p> <p>DUR: 1:39</p> <p>FW: “If you’re looking to improve your mental health and wellbeing – or support those around you – then a great place to go for information, stories and strategies is Personal best...”</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 about recent research released by Suicide Prevention Australia and SANE Australia which shows people living with complex mental illness are 13-45 times more likely to take their own life than those living without mental illness.</p> <p>DUR: 1:41</p> <p>FW: “Recent research released by Suicide Prevention Australia and SANE Australia shows people living with complex mental illness are 13-45 times more likely to take their own life...”</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 Head of Support Services Suzanne Leckie explains that one of the common misconceptions people have about depression or anxiety is that it’s a sign of weakness.</p> <p>DUR: 1:45</p> <p>FW: “Around three million Australians are affected by anxiety or depression. It’s a mental illness that should be familiar to many...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>PANDA CEO Terri Smith explains what people from diverse cultural backgrounds can expect when they give the Perinatal Anxiety & Depression Helpline a call.</p> <p>DUR: 1:58</p> <p>FW: “As many as one in five expecting or new mums and one in ten dads will experience perinatal anxiety or depression...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>Dr Grant Blashki from <i>beyondblue</i> explains more about the support NewAccess can provide to people affected by drought.</p> <p>DUR: 1:49</p> <p>FW: “If life pressures are causing you stress, you can take action. NewAccess is a free mental health coaching program that’s available in person, by phone or via Skype or FaceTime...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

16	<p>Tarn Lee from QLife explains what LGBTI people, as well as their family members, friends and loved ones, can expect if they call their helpline on 1800 184 527.</p> <p>DUR: 2:08</p> <p>FW: “QLife is a national counselling and referral service for people who are lesbian, gay, bisexual, trans, and/or intersex, as well as their family members, friends and loved ones...”</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 ask MATES in Construction CEO Jorgen Gullestrup what we can do if we see a mate in our workplace who is struggling or whose behaviours have changed.</p> <p>DUR: 1:49</p> <p>FW: “MATES in Construction is a program that aims to deliver better mental health and wellbeing outcomes for workers in the building and construction industry...”</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 catch up with ReachOut CEO Ashley de Silva and ask him what signs parents can look out for that might indicate their child is being cyber bullied.</p> <p>DUR: 1:53</p> <p>FW: “New research shows that more than one in three Australian school students who have been bullied reported it happened online...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>We learn more about the YouCanTalk campaign, which lets people know we all have a key role to play in talking about suicide with those around us.</p> <p>DUR: 1:37</p> <p>FW: “Led by some of Australia’s national mental health and suicide prevention organisations, the YouCanTalk campaign is paving a new direction for suicide prevention in Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>SANE Head of Support Services Suzanne Leckie explains that one of the common misconceptions people have about depression or anxiety is that everyone’s experience is the same.</p> <p>DUR: 1:47</p> <p>FW: “Around three million Australians are affected by anxiety or depression. It’s a mental illness that should be familiar to many...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>