

## Community Broadcasting Suicide Prevention Project

October 2021

Track	Topic
1	<p>We learn about a new report which has found an increase in serious <b>mental illness amongst rural young people</b>, along with a significant increase in the proportion of rural young people concerned about the future.</p> <p><b>DUR:</b> 1:47</p> <p><b>FW:</b> “A new report has highlighted the worsening mental health of young people living in regional, rural and remote areas across Australia...”</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 find out about the third series of the podcast <b>A World Where LivingWorks</b>, which reminds us all that we don't have to be an expert to have a role in suicide prevention and learn about suicide first aid.</p> <p><b>DUR:</b> 1:52</p> <p><b>FW:</b> “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere...”</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 new research which highlights the importance of looking after our <b>mental health in the workplace</b>.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “New research has highlighted the importance of employers and employees working together to ensure there is improved mental health support and communication in workplaces...”</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 Simon Pont from <b>Suicide Prevention Australia</b> to find out more about the national framework for suicide prevention in the workplace.</p> <p><b>DUR:</b> 1:21</p> <p><b>FW:</b> “Suicide Prevention Australia, in collaboration with its members and stakeholders, have developed a framework to build the capacity of the non-clinical suicide prevention workforce..”</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>ReachOut CEO Ashley de Silva tells us about a new report which shows that <b>rural young people’s mental health literacy</b> is improving.</p> <p><b>DUR:</b> 1:34</p> <p><b>FW:</b> “A new report has highlighted the worsening mental health of young people living in regional, rural and remote areas across Australia..”</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>A World Where LivingWorks</b> podcast host Kim Borrowdale tells us why it’s important for all of us to realise that suicide can be prevented, and that everyone has a role to play.</p> <p><b>DUR:</b> 1:30</p> <p><b>FW:</b> “You don’t have to be an expert to have a role in suicide prevention and learn about suicide first aid..”</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 about the <b>National Indigenous Postvention Service</b>, which supports individuals, families and communities affected by suicide or other significant trauma.</p> <p><b>DUR:</b> 1:44</p> <p><b>FW:</b> “The National Indigenous Postvention Service 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><b>Outback Futures</b> CEO Brent Sweeney tells us about their Stay With Me Video and Phone Connect service and the mental health and wellbeing support this provides for adults, couples, children and families in remote communities.</p> <p><b>DUR:</b> 1:45</p> <p><b>FW:</b> “Outback Futures is an organisation committed to long-term, intergenerational change in mental health and wellbeing outcomes for outback children, families and communities..”</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 catch up with Peter Henderson from <b>Kids Helpline</b> to find out more about their free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p><b>DUR:</b> 1:11</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Suzanne Desailly from <b>MATES in Mining and Energy</b> tells us about the work they’re doing to deliver better mental health and wellbeing outcomes for workers in the building, construction, mining and energy industries.</p> <p><b>DUR:</b> 1:32</p> <p><b>FW:</b> “MATES 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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>We catch up with Jackie Hallan from <b>ReachOut</b> to find out how parents and carers can support their teenagers as the ongoing impacts of COVID create uncertainty in their lives.</p> <p><b>DUR:</b> 2:13</p> <p><b>FW:</b> “It’s been a stressful time for all young people as we deal with coronavirus and the uncertainty it brings...”</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><b>A World Where LivingWorks</b> podcast host Kim Borrowdale tells us where people can go learn life-saving suicide prevention skills.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere...”</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>Mitch Wallis, founder of Heart on My Sleeve, explains how <b>workplace mental health</b> has changed during the pandemic, with over two-fifths of employees feeling their professional and personal lives are becoming blurred.</p> <p><b>DUR:</b> 1:36</p> <p><b>FW:</b> “New research has highlighted the importance of employers and employees working together to ensure there is improved mental health support and communication in workplaces...”</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>We hear more about a new report which has highlighted the worsening <b>mental health of young people living in regional, rural and remote areas</b> across Australia.</p> <p><b>DUR:</b> 2:00</p> <p><b>FW:</b> “A new report has highlighted the worsening mental health of young people living in regional, rural and remote areas across Australia..”</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>Peter Henderson from <b>Kids Helpline</b> tells us about what young people can expect if they call or visit their website for support.</p> <p><b>DUR:</b> 1:25</p> <p><b>FW:</b> “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><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p><b>A World Where LivingWorks</b> host Kim Borrowdale tells us who she would encourage to check out the third series of this important suicide prevention podcast.</p> <p><b>DUR:</b> 1:33</p> <p><b>FW:</b> “Suicide can be prevented, and everyone has a role to play. Life-saving skills can be learned by individuals, businesses, and communities everywhere..”</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>We catch up with <b>PANDA CEO Julie Borninkhof</b> to find out more about the experiences of mental illness among men during their journey to becoming a dad.</p> <p><b>DUR:</b> 1:29</p> <p><b>FW:</b> “Men’s mental health needs are becoming better understood these days, but sometimes fathers still aren’t part of the story..”</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>We hear about the <b>Mindframe National Media Initiative</b>, which aims to encourage responsible, accurate and sensitive representation of suicide, mental ill-health, and alcohol and other drugs in the Australian mass media.</p> <p><b>DUR:</b> 1:23</p> <p><b>FW:</b> “The <i>Mindframe</i> National Media Initiative aims to encourage responsible, accurate and sensitive representation of suicide, mental ill-health, and alcohol and other drugs in the Australian mass media..”</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>ReachOut CEO Ashley de Silva</b> provides some advice for young people in rural areas who are worried about the future, or who are concerned about their mental health and wellbeing.</p> <p><b>DUR:</b> 1:59</p> <p><b>FW:</b> “A new report has highlighted the worsening mental health of young people living in regional, rural and remote areas across Australia...”</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>Mitch Wallis, founder of <b>Heart on My Sleeve</b>, provides some tips on how to maintain a balance between our work and personal life.</p> <p><b>DUR:</b> 1:37</p> <p><b>FW:</b> “New research has highlighted the importance of employers and employees working together to ensure there is improved mental health support and communication in workplaces...”</p> <p><b>LW:</b> “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>