

Community Broadcasting Suicide Prevention Project

September 2019

Track	Topic
1	<p>We learn about the National Communications Charter, which has been designed to guide the way organisations talk about mental health and suicide prevention.</p> <p>DUR: 1:18</p> <p>FW: “The National Communications Charter promotes a common language in mental health, mental illness and suicide...”</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 INSIST, a new suicide prevention training program for Aboriginal and Torres Strait Islander peoples and communities.</p> <p>DUR: 1:48</p> <p>FW: “The ASIST training program, which stands for Applied Suicide Intervention Skills Training, has been highly successful in training people around Australia...”</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 profile TUF Minds, an innovative mental well-being and suicide prevention program that is provided as a smartphone app.</p> <p>DUR: 0:59</p> <p>FW: “TUF Minds - Life Rescue is an innovative mental well-being and suicide prevention program that is provided as a smartphone app...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
4	<p>R U OK? CEO Katherine Newton explains that recent research shows many of us are not confident in knowing the signs that someone may be struggling with life.</p> <p>DUR: 1:27</p> <p>FW: “R U OK? Day for 2019 is Thursday the 12th of September. This year, R U OK? is reminding all of us to ‘trust the signs’ and start a conversation that could change a life...”</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 Pebble in the Pond, a podcast that hopes to create a ripple for change for mental health.</p> <p>DUR: 1:08</p> <p>FW: “Pebble in the Pond is a podcast that hopes to create a ripple for change for mental health. The podcast channel features interviews with a range of people in mental health...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
6	<p>We find out about Lifeline Australia’s Holding on to Hope podcast series, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living.</p> <p>DUR: 1:21</p> <p>FW: “Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living...”</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 learn about the Cycle Around the Globe event, which aims to raise awareness of the risks of suicide and to fund suicide prevention activities.</p> <p>DUR: 1:48</p> <p>FW: “Whether you’re a keen cyclist, someone whose bike may need some dusting off, or someone who cycles at the gym, why not join people around the world in Cycling Around the Globe...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>We find out more about the TUF Minds app, an innovative mental well-being and suicide prevention program which covers a range of topics.</p> <p>DUR: 1:11</p> <p>FW: “TUF Minds - Life Rescue is an innovative mental well-being and suicide prevention program that is provided as a smartphone app...”</p> <p>LW: “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 Simon Pont from Everymind to find out more about why it’s important for all of us to use appropriate language when discussing mental health and suicide prevention.</p> <p>DUR: 1:24</p> <p>FW: “The National Communications Charter promotes a common language in mental health, mental illness and suicide...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

10	<p>We learn more about INSIST, a co-designed suicide prevention program which is empowering Indigenous communities to feel they have the skills to work with at risk community members.</p> <p>DUR: 1:30</p> <p>FW: “The ASIST training program, which stands for Applied Suicide Intervention Skills Training, has been highly successful in training people around Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Sam Stewart, CEO of the Australian & New Zealand Mental Health Association, tells us about the content on the Pebble in the Pond podcasts.</p> <p>DUR: 1:18</p> <p>FW: “Pebble in the Pond is a podcast that hopes to create a ripple for change for mental health. The podcast channel features interviews with a range of people in mental health...”</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 catch up with R U OK? CEO Katherine Newton to find out more about the signs we can look out for which might indicate someone is struggling with their wellbeing.</p> <p>DUR: 1:36</p> <p>FW: “R U OK? Day for 2019 is Thursday the 12th of September. This year, R U OK? is reminding all of us to ‘trust the signs’ and start a conversation that could change a 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>We find out more about Lifeline Australia’s Holding on to Hope podcast series, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living.</p> <p>DUR: 1:13</p> <p>FW: “Holding on to Hope is a podcast series from Lifeline Australia, in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>We learn more about TUF Minds, an innovative mental well-being and suicide prevention program that is provided as a free smartphone app.</p> <p>DUR: 1:32</p> <p>FW: “TUF Minds - Life Rescue is an innovative mental well-being and suicide prevention program that is provided as a smartphone app...”</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 Sam Stewart, CEO of the Australian & New Zealand Mental Health Association, and ask who he would encourage to listen to the Pebble in the Pond podcast channel.</p> <p>DUR: 0:56</p> <p>FW: “Pebble in the Pond is a podcast that hopes to create a ripple for change for mental health. The podcast channel features interviews with a range of people in mental health...”</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 catch up with Sally Morris from MindOUT to find out about the training they are providing to staff and volunteers to ensure they provide the best possible support to LGBTI people.</p> <p>DUR: 2:11</p> <p>FW: “MindOUT is an important national organisation that works to build the capacity of the mental health and suicide prevention sectors to meet the support and wellbeing needs of LGBTI populations...”</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 hear more about the National Communications Charter, which promotes a common language in mental health, mental illness and suicide.</p> <p>DUR: 1:26</p> <p>FW: “The National Communications Charter promotes a common language in mental health, mental illness and suicide...”</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 learn more about INSIST, a co-designed suicide prevention program which is empowering Indigenous communities to feel they have the skills to work with at risk community members.</p> <p>DUR: 2:11</p> <p>FW: “The ASIST training program, which stands for Applied Suicide Intervention Skills Training, has been highly successful in training people around Australia...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>R U OK? CEO Katherine Newton explains what we can do if our instincts are telling us someone we know may not be okay.</p> <p>DUR: 1:34</p> <p>FW: “R U OK?Day for 2019 is Thursday the 12th of September. This year, R U OK? is reminding all of us to ‘trust the signs’ and start a conversation that could change a life...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Brydie Jameson from Everymind explains the stigma created by inappropriate media portrayals associated with alcohol and other drugs.</p>

DUR: 2:09

FW: “Mindframe’s Alcohol and Other Drugs guidelines aim to support the media and other stakeholders to communicate safely, respectfully and responsibly about alcohol and other drugs...”

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