

Community Broadcasting Suicide Prevention Project

September 2020

Track	Topic
1	<p>We find out about data released from Butterfly Foundation and ReachOut which shows a sharp spike in the number of young people seeking help online when it comes to body image and eating disorders during the COVID-19 pandemic.</p> <p>DUR: 1:20</p> <p>FW: “New data released from Butterfly Foundation and ReachOut shows a sharp spike in the number of young people seeking help online when it comes to body image and eating disorders during the COVID-19 pandemic...”</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 learn about the focus of this year’s R U OK?Day, a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?” if someone in our world is struggling with life’s ups and downs.</p> <p>DUR: 1:37</p> <p>FW: “R U OK?Day is Thursday the 10th September. It’s a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?”...”</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 look at the support provided by Kids Helpline, Australia’s only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p>DUR: 1:10</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>
4	<p>SANE Australia CEO Jack Heath explains the important role played by people with lived experience in developing the You Are Not Alone website, which gives information and tools to carers supporting someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:58</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 catch up with PANDA CEO Julie Borninkhof to find out about the theme of this year’s PANDA Week.</p> <p>DUR: 1:24</p> <p>FW: “PANDA Week will be going ahead as usual in November, and this year, more than ever, it’s vital that expecting and new parents who are struggling know they’re not alone and can reach out for help...”</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 learn about November Conversations, an online tool for those who want to feel more confident and informed when navigating an important conversation with a friend who might be struggling.</p> <p>DUR: 1:19</p> <p>FW: “During these turbulent times, communication and connection are more important than ever. Even if it feels a bit awkward, we need to pick up the phone and call our friends – especially if we know someone who might be struggling...”</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 Annie Wylie from ReachOut to find out how young people’s concerns about body image have been amplified during COVID-19.</p> <p>DUR: 1:42</p> <p>FW: “New data released from Butterfly Foundation and ReachOut shows a sharp spike in the number of young people seeking help online when it comes to body image and eating disorders during the COVID-19 pandemic...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
8	<p>R U OK? CEO Katherine Newton explains why it’s more important than ever in 2020 for us all to stay connected and to be willing to support those around us.</p> <p>DUR: 1:52</p> <p>FW: “R U OK?Day is Thursday the 10th September. It’s a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?”...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
9	<p>SANE Australia CEO Jack Heath explains that the You Are Not Alone website, which gives information and tools to carers supporting someone who has attempted suicide, or who is at risk of doing so, is especially relevant in this time of uncertainty due to COVID-19.</p> <p>DUR: 1:49</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</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 what young people can expect if they call their helpline or visit their website for support.</p> <p>DUR: 1:23</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 the Hey Sport, R U OK? campaign, which promotes a culture of mutual respect, trust, authenticity, and a shared willingness to support those in the grassroots sporting community who might be struggling.</p> <p>DUR: 1:29</p> <p>FW: “R U OK? has launched a campaign to equip community coaches with resources and tips to ensure all members of their sporting community feel safe and supported...”</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 learn about the Family Friendly Workplace recommendations which are designed to provide employers with a guide on how best to support employees who are part of working families.</p> <p>DUR: 1:32</p> <p>FW: “The stresses of balancing work and family life can often impact on the wellbeing of Australian families, and coronavirus is placing even more pressure on working families...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
13	<p>Annie Wylie from ReachOut explains how young people can take some steps to curate their online feed and become more body positive.</p> <p>DUR: 1:41</p> <p>FW: “New data released from Butterfly Foundation and ReachOut shows a sharp spike in the number of young people seeking help online when it comes to body image and eating disorders during the COVID-19 pandemic...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
14	<p>SANE peer ambassador Jo Buchanan explains how the You Are Not Alone website supports carers of someone who has attempted suicide, or who is at risk of doing so.</p> <p>DUR: 1:27</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
15	<p>R U OK? CEO Katherine Newton explains why it’s important for people to know that they don’t have to be an expert to keep the conversation going when someone says they’re not OK.</p> <p>DUR: 1:59</p> <p>FW: “R U OK?Day is Thursday the 10th September. It’s a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?”...”</p>

	<p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
16	<p>PANDA CEO Julie Borninkhof explains why it’s so important for expecting and new parents to be able to reach out for help from someone who cares.</p> <p>DUR: 1:58</p> <p>FW: “PANDA Week will be going ahead as usual in November, and this year, more than ever, it’s vital that expecting and new parents who are struggling know they’re not alone and can reach out for 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>We catch up with Peter Henderson from Kids Helpline to find out more about the support they’re providing to young people during COVID-19.</p> <p>DUR: 1:29</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>
18	<p>Annie Wylie from <i>ReachOut</i> explains how young people can get some more information and support if they’re concerned about body image or eating disorders.</p> <p>DUR: 1:55</p> <p>FW: “New data released from Butterfly Foundation and ReachOut shows a sharp spike in the number of young people seeking help online when it comes to body image and eating disorders during the COVID-19 pandemic...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
19	<p>SANE peer ambassador Jo Buchanan encourages all people who are caring for someone who has attempted suicide, or who is at risk of doing so, to access the You Are Not Alone website.</p> <p>DUR: 1:42</p> <p>FW: “The <i>You Are Not Alone</i> website gives information and tools to carers throughout the stages of supporting someone who has attempted suicide, or who is at risk of doing so...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>We learn more about the focus of this year’s R U OK?Day, a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?” if someone in our world is struggling with life’s ups and downs.</p> <p>DUR: 1:19</p> <p>FW: “R U OK?Day is Thursday the 10th September. It’s a national day of action when all Australians are reminded that every day is the day to ask “Are you OK?”...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>