

Community Broadcasting Suicide Prevention Project

September 2021

Track	Topic
1	<p>We catch up with Jackie Hallan from ReachOut to find out more about the way the uncertainty relating to COVID is impacting on young people around Australia.</p> <p>DUR: 1:54</p> <p>FW: “It’s been a stressful time for all young people as we deal with coronavirus and the uncertainty it brings...”</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 profile Outback Futures, an organisation committed to long-term, intergenerational change in mental health and wellbeing outcomes for outback children, families and communities.</p> <p>DUR: 1:44</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
3	<p>We catch up with Rachel Bowes from Lifeline Australia to find out about the anonymous help and support you can access through their telephone service.</p> <p>DUR: 1:51</p> <p>FW: “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it – then now more than ever it’s important to know that help and support is available...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

4	<p>Psychologist and suicidologist Annie Fardell Hartley explains why it's important for us to ask people 'R U OK?' even if they're not showing signs of struggling or being in crisis.</p> <p>DUR: 1:55</p> <p>FW: "R U OK?Day is a national day of action each September 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>
5	<p>We find out about the support available through the Coronavirus Mental Wellbeing Support Service if you're struggling to cope during the pandemic.</p> <p>DUR: 2:05</p> <p>FW: "If you're struggling to cope during the pandemic, then why not check out the support available through the Coronavirus Mental Wellbeing Support Service..."</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 catch up with SANE Australia CEO Rachel Green find out why addressing stigma is so important, and how stigma impacts on people affected by complex mental health issues, their families, and other carers.</p> <p>DUR: 1:33</p> <p>FW: "Have you ever been upset or offended by the way the media is portraying mental illness, or believed that what they were saying was inaccurate?"</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 work the National Indigenous Postvention Service does to build community capacity and strengthen resilience through local suicide prevention and postvention activities.</p> <p>DUR: 2:16</p> <p>FW: "The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
8	<p>Rachel Bowes from Lifeline Australia tells us about the anonymous help and support you can access through their online chat and text services.</p> <p>DUR: 1:39</p> <p>FW: "If you're going through a tough time in your life, or have a problem and wish you had someone you could talk to about it - then now more than ever it's important to know that help and support is available..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>

9	<p>Beyond Blue’s lead clinical advisor Dr Grant Blashki tells us about the support offered by the Coronavirus Mental Wellbeing Support Service, including a dedicated online forum where you can chat to others who have been impacted by the pandemic.</p> <p>DUR: 1:48</p> <p>FW: “If you’re struggling to cope during the pandemic, then why not check out the support available through the Coronavirus Mental Wellbeing Support Service...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
10	<p>Jackie Hallan from ReachOut provides some tips for young people to help them to cope with the uncertainty coronavirus brings.</p> <p>DUR: 1:50</p> <p>FW: “It’s been a stressful time for all young people as we deal with coronavirus and the uncertainty it brings...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
11	<p>Beyond Blue’s lead clinical advisor Dr Grant Blashki shares some of the tips for coping during the pandemic that people can find on Coronavirus Mental Wellbeing Support Service.</p> <p>DUR: 2:24</p> <p>FW: “If you’re struggling to cope during the pandemic, then why not check out the support available through the Coronavirus Mental Wellbeing Support Service...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
12	<p>Outback Futures CEO Brent Sweeney explains why a community-owned and long-term approach to mental health and suicide prevention is so important in remote communities.</p> <p>DUR: 1:57</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>

13	<p>Rachel Bowes from Lifeline Australia explains why it's especially important for people to seek their support during the coronavirus pandemic if they're in crisis or concerned about their wellbeing.</p> <p>DUR: 1:58</p> <p>FW: "If you're going through a tough time in your life, or have a problem and wish you had someone you could talk to about it – then now more than ever it's important to know that help and support is available..."</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 find out more about the National Indigenous Postvention Service, which supports individuals, families, and communities affected by suicide or other significant trauma.</p> <p>DUR: 1:43</p> <p>FW: "The National Indigenous Postvention Service supports individuals, families, and communities affected by suicide or other significant trauma..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
15	<p>Jackie Hallan from ReachOut provides some tips for how Year 12 students can manage the uncertainty coronavirus brings to their lives and their studies.</p> <p>DUR: 1:45</p> <p>FW: "It's been a stressful time for all young people as we deal with coronavirus and the uncertainty it brings..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
16	<p>Beyond Blue's lead clinical advisor Dr Grant Blashki encourages anyone struggling to cope during the pandemic to contact the Coronavirus Mental Wellbeing Support Service.</p> <p>DUR: 1:54</p> <p>FW: "If you're struggling to cope during the pandemic, then why not check out the support available through the Coronavirus Mental Wellbeing Support Service..."</p> <p>LW: "The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health."</p>
17	<p>Psychologist and suicidologist Annie Fardell Hartley highlights the important role we can all play in having meaningful conversations with those around us every day of the year.</p> <p>DUR: 1:45</p> <p>FW: "R U OK?Day is a national day of action each September 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>

18	<p>Rachel Bowes from Lifeline Australia highlights the importance of being creative about how you stay connected with the support networks you had before COVID lockdowns and restrictions.</p> <p>DUR: 2:05</p> <p>FW: “If you’re going through a tough time in your life, or have a problem and wish you had someone you could talk to about it – then now more than ever it’s important to know that help and support is available...”</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 find out more about the work being done by Outback Futures to break down barriers around mental health and wellbeing and to help outback communities to work together to care for themselves and others.</p> <p>DUR: 1:54</p> <p>FW: “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>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>
20	<p>Jackie Hallan from ReachOut tells us what young people can do if they find they’re struggling to cope with the uncertainty coronavirus is resulting in.</p> <p>DUR: 1:32</p> <p>FW: “It’s been a stressful time for all young people as we deal with coronavirus and the uncertainty it brings...”</p> <p>LW: “The Community Radio Suicide Prevention Project is produced with the support of the Australian Government Department of Health.”</p>