

The important role of community broadcasters

This collection of resources can help community broadcasters talk about mental health, mental health concerns or suicide in culturally and linguistically diverse communities.

Community radio is a powerful way to share information about mental health concerns and suicide. This is because people can better understand information about these important topics when it:

- Is in their own language
- Is relevant to their community
- Comes from a source they trust.

How you talk about these issues can really help your community.



Research shows people are more likely to ask for support if they hear others from their culture or with a similar background talking about mental health concerns. This can be about everyday problems or more serious challenges.

Some broadcasters have told us they would like to feel more confident talking about mental health concerns and suicide as part of their programs. It can help to start small, gradually including conversations about mental health and wellbeing.

Remember, you are not expected to have all the answers. What matters most is sharing people's stories and providing useful information and resources that encourages people to get and give support in ways that respects their culture.

“As a broadcaster it is useful to encourage people to share their stories, to be open and talk about their experiences – this will help raise awareness that these conversations don't just need to happen behind closed doors.”

J' Ma
Podcast host/actress



How these resources work

This collection of resources can help community broadcasters talk about mental health concerns and suicide in a safe, respectful way. It includes easy-to-use resources, checklists, and templates that you can use before, during, and after your broadcast.

These resources will help you plan your content, choose the right words, and suggest what support information to share with your audience. You can use all of the resources or just the parts that suit your program and area of interest.

[Access additional resources by clicking on this link](#)

Quick Tips: 3 things to remember



Find opportunities to discuss mental health as part of your broadcast



Talk about mental health concerns and suicide in a way that is kind, safe, and respects people, their families, and their culture



Start small – you're not expected to have all the answers

Quick Tips: 3 things to share



Share different stories and include people and services that the community trusts



Talk about what can help and what can make things harder



Encourage people to think about the range of ways to both get and give support