Inviting others to join the conversation

Many people have experiences with mental health concerns and suicide. These could be personal, supporting someone they care about, or through professional work.

Sharing these experiences can help people feel less alone, reduce stigma, raise awareness, and bring together personal and professional points of view.

> "It's important when you're bringing in people with lived experience that you think about how you can best support them before, during and after their conversation with you and link them to resources that will help them share their story."
>
> **Ayman Islam**
> **Centre for Muslim Wellbeing**

As part of your broadcast you can prepare your guests to join the conversation in a safe way by:

Using clear, safe and inclusive language

- Encourage guests to use simple language.
  - This way everyone listening can understand the content and feel included in the conversation.
- Set clear expectations about safe and sensitive language use.
  - Encourage guests to avoid language that could cause harm or add to stigma.
  - You can share the language cards linked in the checklist to support them in this process.
- Use person-centred language, such as "*Here is someone from our [culture] community talking about living with anxiety*".
  - This shows respect and keep the focus on the individual rather than one aspect of their personal (lived) experience.

Building broader support within your station

- Talk to your station manager and colleagues about why you're featuring conversations about mental health, and discuss practical ways they can support this work.
  - For example, they could highlight local support services on their own programs or share useful links on the station website.

Representing a range of voices respectfully

- Invite a variety of guests to share different stories and experiences.
  - Remind listeners that one person's views in the community do not represent everyone.
- If a guest will be discussing a specific mental health concern or experience, do your research so you can better understand their perspective and speak about it accurately and respectfully.

Preparing and supporting your guests

- Offer resources to help people with personal experience prepare, such as the *Mindframe* *Our Stories Matter Easy Read Guide*, so they feel confident and supported when sharing their story.
- Ask people what support they may need before, during and after the broadcast, so they feel safe, comfortable, and respected throughout the conversation.
- Let guests decide how much they want to share about their culture, ensuring they stay in control of their own story.

Checklist: Involving others in your broadcast

Use this checklist to help you plan these conversations for your program. After you finish the checklist, use the template to write down your ideas and how you will include them in your broadcast. You can access the template here.

Preparing guests

Have you briefed your guests on using simple and safe language? ☐

This includes:

- Asking guests to avoid jargon or language that contributes to negative stigma of mental health concerns or suicide.
- Considering content delivered both in plain English and in-language.

To help your guests, provide links to

- *Mindframe* language guidance cards (English language)
- Embrace Multicultural Mental Health (translated materials)
- Health Translations (translated materials).

Have you provided resources for guests with personal experience to help them prepare? ☐

Sharing guides such as the *Mindframe* resource Our stories matter can help guests with a lived experience of suicide to prepare. The ***Easy read guide*** is a good place to start.

Have you asked about any support needs? ☐

Check what guests may need before, during, and after the broadcast to feel safe and supported. Provide them with details of support options if needed. Use the ***My broadcast*** template to make a note of the supports you might offer.

Have you talked with your guest about what they are happy to share and what they would prefer not to talk about? ☐

It's important that guests decide how much of their culture or personal story they want to share. This will support the person's or their family's wellbeing, and it is important that this is respected.

Have you provided your guest with a list of questions prior to the interview? ☐

This gives your guests time to prepare and let you know what they are willing to discuss.

Have you planned with your guest how to manage the interview if they become upset or worried? ☐

Have you discussed with the guest how they will explain that they are not speaking on behalf of an entire community, and how they will share only from their own experience? ☐

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Representing diverse voices

Have you considered involving people with personal experience, mental health professionals or organisations, faith leaders, or a mix of these perspectives?
You could space these out across the year or include a couple of perspectives during each broadcast.

Finding out more

Do you know if the people you are involving in your broadcast will talk about specific mental health concerns or suicide?
If you, or your guest, is planning on discussing a particular topic it is worthwhile to look at available information to help guide the conversation and ask relevant questions. Refer to the *Useful places to find more information and support* resource to find organisations who publish accurate information and offer translated materials.

Involving your station

Have you discussed your broadcast with your station manager and your colleagues?
Take this opportunity to explain to your station manager and team why mental health conversations are important and safe ways that these can happen.

Have you highlighted a range of local support services or options in your area?
If possible post these on the station website, social channels or in your common areas such as tea rooms.