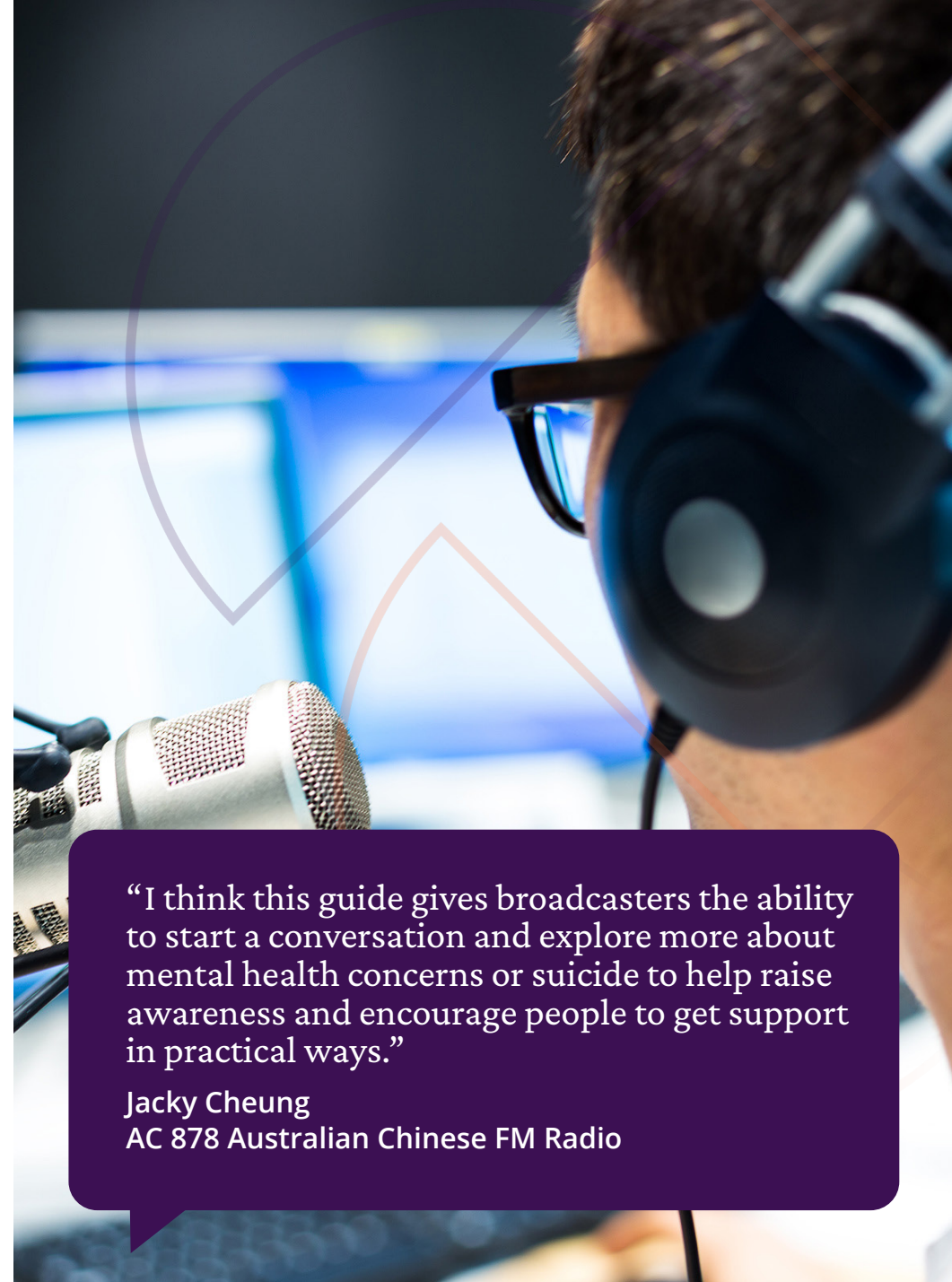


# Sharing information and stories

When sharing information about mental health, mental health concerns and suicide with your audience:

- Use clear and simple language to provide information that your listeners can understand quickly and easily.
- If you're unsure what to talk about
  - Have a look at information from multicultural mental health centres or programs like Embrace Multicultural Mental Health. These services provide information in culturally accessible formats and languages, many of which have been created with multicultural communities. You can find links to these in our [Useful places to find information and support](#) resource.
  - Explore the ideas suggested in the [Topics to talk about section](#) of the resource collection.
- Try mixing short, regular updates with longer interviews featuring a range of experts and people who have personal experience with mental health concerns or suicide.

This way, you can share clear, easy-to-understand information about mental health, while drawing on trusted resources, people and suggested topics if you're unsure where to start.



“I think this guide gives broadcasters the ability to start a conversation and explore more about mental health concerns or suicide to help raise awareness and encourage people to get support in practical ways.”

Jacky Cheung  
AC 878 Australian Chinese FM Radio