
MEDIA RELEASE

9 February 2023

LIFELINE AUSTRALIA SPREADS HOPE THROUGH NEW PODCAST SERIES

Preview video available for free use here: <https://www.youtube.com/watch?v=3w0MK1eYn-o>

Today, Lifeline Australia is launching the second season of its acclaimed *Holding On To Hope* podcast. The eight-episode series explores how Australians can come together as a community to provide support for themselves and each other and kick-off meaningful conversations around mental health.

Lifeline CEO Colin Seery said that each episode features inspirational stories from people who have experienced mental illness and details in their own words how they continue to overcome challenges through strength, courage and hope.

“Holding on to Hope is all about giving the listener an authentic insight into the lived experience of suicidality. Through first-person storytelling, the podcast provides encouragement and support to those looking to find hope,” said Mr Seery.

“We saw from the first season how our podcasts can be an effective way for people to connect with one another. This season, we have a new host with his own lived experience, which brings an entirely new dimension to these episodes.”

“By sharing real stories, we can break down the stigma around suicide and help others feel less alone in their moments of darkness.”

In episode one, host Ruben McKellar, himself a Lifeline Crisis Supporter, talks to help seeker Lizzie about the impact long-term domestic abuse in the family home has had on her life. She reveals that she got to a point where nothing was working, living with the guilt and shame of experiences which happened to her during childhood.

“I couldn’t hide it through food or alcohol or work and yet I hadn’t opened up to people about it either, so I knew that that it was affecting me deep, deep down,” she said.

Lizzie’s life changed when she stopped trying to go it alone and reached out to Lifeline.

“I used to feel like vulnerability was weakness ... from there, I just gained strength and confidence to own my story, but not to be a victim of it anymore – to share it in a way to help others. And to be real, to be authentic.”

Episodes will be released fortnightly and each one is designed to help people improve understanding of mental health and learn techniques including self-care, building resilience, and taking the first steps towards asking for help.

In the coming weeks, episodes will feature powerful interviews with individuals including former AFL star Tom Boyd and suicide survivor Matt Caruana as well as Crisis Supporter Nicole and Anwyn, who reflects on the 10-year anniversary of the attempt to take her life.

You can subscribe to the podcast via your preferred app here: <http://bit.ly/podlifeline>

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ABOUT LIFELINE:

Australia's leading suicide prevention service is celebrating 60 years in 2023. Lifeline operates the 13 11 14 telephone line within 41 centres around the nation as well as a 24/7 crisis text and webchat service.

If you, or someone you know are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14 (24 hours/7 days), text 0477 131 114 (24 hours a day, 7 days a week) or chat to Lifeline online at www.lifeline.org.au (24/7).

To donate to Lifeline, visit www.lifeline.org.au/donate