



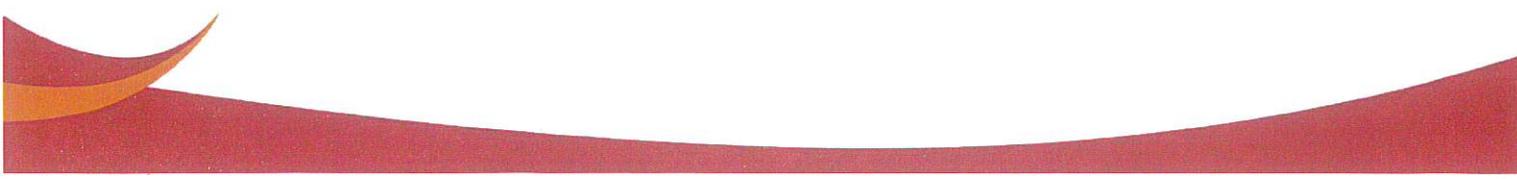
Media Awards Application Cover Sheet

Category: [Insert] Sound/Vision Journalism Award

Entry Title: [Insert] Osher Günsberg: A Matter of Life and Death

Name of Applicant: [Insert] Jodi Boylan, Paul Scott and Lune Media

Organisation: [Insert] Lune Media Australia



TITLE OF ENTRY

Osher Günsberg: A Matter of Life and Death

Duration:

55 mins

DATE OF TRANSMISSION/BROADCAST

19 September 2021

CATEGORY NAME

Media and Journalism Awards (Sound/Vision)

APPLICANTS NAME

Jodi Boylan, Paul Scott and Lune Media

VIEW THE TRAILER HERE**URL LINK TO THE DOCUMENTARY**

SHORT OUTLINE

In this one-off documentary film, Australian celebrity Osher Günsberg investigates how new science, innovative thinking and technology are helping prevent suicide.

SYNOPSIS

Australia is often thought of as “the lucky country”. So why is it that up to eight people a day die from suicide? In fact, every day 179 people attempt to take their own lives across Australia. That’s one person every eight minutes. The situation is nothing short of a national crisis. Yet the experts agree that suicide is preventable. So what on earth is going on? A powerful television film that informs Australians about the current predicament is not only needed, but it could actually save lives.

This SBS documentary hosted by Osher Günsberg, '***Osher Günsberg: A Matter of Life and Death***', will provide a comprehensive portrait of suicide in Australia today. It will investigate why it's happening and feature what is being done across the country to mitigate the problem. The documentary will focus on solutions and what Australia and Australians can do to reduce the national suicide rate. The mission statement of this film is to go beyond the informative. Its charter is to be part of the solution and actually help stop suicide by offering hope and some practical answers.

Amongst the themes to be explored in the documentary is the psychology behind suicide ideation and what is going on in the minds of people who want to take their own lives. Our film will identify the suicide hotspots in Australia and which cultural and community clusters need the most urgent help. We will meet survivors of suicide and follow their journey to help prevent others from attempting suicide.

We'll also identify the experts that are making a difference and showcase the latest evidence-based treatments that are saving lives. Over the last few years there've been extraordinary advances in brain science, data science, digital healthcare and hotspot surveillance monitoring. In short, new science and innovative technology provides the best tools to reduce suicide rates. Experts describe the emerging science as 'revolutionary' and Australia is at the forefront of this revolution.

Through the prism of his own experience with mental health issues and suicide ideation, host Osher Günsberg will interrogate key questions and issues around suicide and suicide prevention.

Critically, this documentary will focus on the positive advances being made in our attempts to understand the causes of suicide, and ways we can prevent it.

By featuring the stories of those who have survived suicide, and learnt to overcome suicidal feelings, we hope this documentary will have a very real and meaningful impact on the Australian community.

No country has got it right yet when it comes to suicide prevention. That means that Australia has an opportunity to become a global pioneer.

HOST BIOGRAPHY

Osher Günsberg is one of Australia's most recognisable media personalities and has been a guest in the living rooms of Australian's for nearly 2 decades.



From his work on Channel [V] in the early 2000's to seven seasons on *Australian Idol*, Osher was the first Australian to host live network prime time TV in the USA on *Live To Dance* (CBS). Currently, Osher hosts three formats within The Bachelor franchise – *The Bachelor Australia*, *The Bachelorette Australia* and *Bachelor in Paradise*, and is the narrator of *Bondi Rescue* (all Network 10). 2019 saw Osher's return to live TV where he hosted season 1 of the smash-hit show, *The Masked Singer Australia* (Network 10), followed up with season 2 in 2020.

The release of his memoir, *Back, After the Break* (HarperCollins Australia) became an instant best-seller and detailed Osher's powerful, dark, funny and heart wrenching story about life, love and living with mental illness. It was nominated for a 2019 ABIA for Best Biography Book of the Year and a LIVE show of the same name was produced and toured Australia, selling out nationally.

Osher's roots in media began in radio in 1994 at Brisbane's B105 on the overnight shift. He rapidly moved to a national audience with *Take 40 Australia* and *The Hot Hits Live from LA*, and years later returned to radio to co-host Hit105's *Stav, Abby & Matt with Osher* breakfast show for Southern Cross Austereo, and *Osher's Love Line* nationally on the HIT Network.

An early adopter of independent digital broadcasting, Osher has written, produced and hosted several podcasts. His interview podcast *Better than Yesterday with The Osher Günsberg* (previously *The Osher Günsberg Podcast*) has been published weekly since 2013 and has over 4.3 million downloads. The show now releases two episodes per week, was a finalist in the 2018 Australian Podcast Awards (Storytelling category) and selected episodes are available on Qantas Inflight Entertainment. In 2017 Osher hosted *Tall Tales & True* series 3 (ABC podcast) and *Love Life* with Leanne Hall (Mamamia network). In late 2019 Osher teamed up with Charlie Clausen to create *DadPod*, a weekly podcast from the duo sharing their experiences around fatherhood.

A man of his word, Osher said he would never be photographed with his shirt off unless it was for the cover of *Men's Health Australia*. In August 2018, he did just that when he graced the cover revealing his Men's Health Transformation cover. He moved his body to heal his mind and was happy to take the aesthetic benefits with it.

Osher served on the board of SANE Australia as a director from 2016 – 2019, in an effort to help change attitudes in our society about complex mental illness. Osher was previously an Ambassador for leading children’s charity *The Shepherd Centre* to help educate the public and help children who are born deaf or hearing impaired. A passionate photographer, cyclist, plant eater and coffee connoisseur, Osher lives in Sydney with his wife, newborn son, stepdaughter and their mischievous cavoodles.

Follow Osher:

Twitter.com/osherGünsberg

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Podcast: <https://play.acast.com/s/the-osher-gunsberg-podcast> and <https://play.acast.com/s/dadpod/>

DIRECTOR/PRODUCER STATEMENT

It’s very upsetting to talk about suicide, even to think about it is distressing. And if someone you know has taken their life, it’s beyond comprehension. However, I don’t think there’s ever been a more poignant time to have this discussion. As hard as it may be.

We have learnt throughout making this series that you can’t shy away from something that’s hard. You have to be brave and have that conversation with someone you’re concerned about because it could be the one thing that saves their life. I learnt that asking someone is not going to introduce the idea to them. In fact this is often the question that they want someone to ask.

However it’s not enough just to ask RUOk, you have to be prepared for the answer. If the answer is NO then you have to be able to handle the truth and be prepared to help them. Like most people, I was always afraid I wouldn’t have the answers but I know now you just have to listen.

The statistics are shocking and they need to be heard. I still can’t believe we lose more people to suicide than we do skin cancer and yet there’s so much media attention, public awareness and money given to skin cancer research.

When you hear that for every one person who takes their life it’s estimated that the ripple effect is so big that it will affect over a hundred people. And yet despite so many people being affected by suicide there’s still so much we don’t know about it. But the work at the Westmead Institute in NSW is inspiring because for the first time scientists are looking for signals in the brain to identify depression and bi-polar.

One of the most profound moments for me was learning from the Chief Scientist at Black Dog Institute how many young people are taking their lives. The data shows that Australian girls are at higher risk than ever before. It’s something that the parents amongst us (in the crew) found extremely concerning. And learning how technology through smart phones is being used to target Australian youth. A scary notion that this is a key way to communicate with young people about mental health.

A hard fact to get your head around, when your primary focus as a parent is to reduce “screen time”. The truth is we have to embrace technology rather than blaming it for causing mental health problems. And see it as an asset or tool to connect with young people.

However the hardest moment for us as a team was meeting parents who’ve been affected by suicide. It was such a wake-up call to learn that often the medical system had let them down, to hear that they didn’t get the help they needed was just heart-breaking and to see how powerless as parents they felt to stop it.

We need to change our attitudes about mental health, drive change at every level of our society because it’s such a massive problem in our community we can’t ignore any longer. We need to start talking about suicide. Written by Jodi Boylan.

MORE ABOUT LUNE MEDIA

<https://www.lunemedia.com.au/about>

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SBS

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SCREEN AUSTRALIA

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SCREEN NSW

<https://www.ausfilm.com.au/news/escapade-media-picks-up-osher-gu%CC%88nsberg-a-matter-of-life-and-death/>