

**Media alert**

Please cascade to all media staff

19 February 2020

***Mindframe* advice for Camp Hill QLD incident**

*Mindframe* wishes to acknowledge the grief and loss felt in the communities affected following the incident that occurred in Camp Hill, Queensland this morning.

We recognise the story is of public interest and will receive ongoing coverage as further details emerge. It is important to ensure that media report responsibly, given that repeated and sustained coverage can increase the risk to those who may be impacted by distressing content.

**Avoid:** Reporting explicit detail about method and means.

**Use:** If it is essential to include method, discuss in general terms *e.g. 'Police investigations continue'*

**Avoid:** Speculation around the circumstances leading up to the incident, including use of phrases such as 'murder-suicide'

**Note:** This is for police investigation only and possible coronial findings.

**Avoid:** Using detailed and dramatic photographs or videos of the scene.

**Note:** Graphic images or footage depicting method or location can lead to imitation by people who are vulnerable to self-harm and suicide.

The traumatic nature of events such as this can have a profound impact on whole communities and may last for a period of time. *Mindframe* encourages the continued support of grief and loss for the family, friends and the communities in Queensland.

**Any coverage of this recent incident should include details of help-seeking information along with any other crisis support lines that may be required as the story develops.**

As more details emerge about the incident, we ask the Australian media to consider the [Mindframe guidelines](#).



## Support services

### 24/7 support

Lifeline: 13 11 14

[lifeline.org.au](http://lifeline.org.au)

Suicide Call Back Service: 1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

Beyond Blue: 1300 224 636

[beyondblue.org.au/forums](http://beyondblue.org.au/forums)

MensLine Australia: 1300 789 978

[mensline.org.au](http://mensline.org.au)

Kids Helpline: 1800 551 800

[kidshelpline.com.au](http://kidshelpline.com.au)

**1800RESPECT: 1800 737 732**

### Other resources

Relationships Australia: 1300 364 277 [www.relationships.org.au](http://www.relationships.org.au)

Head to Health: mental health portal. [headtohealth.gov.au](http://headtohealth.gov.au)

Life in Mind: suicide prevention portal. [lifeinmindaustralia.com.au](http://lifeinmindaustralia.com.au)

SANE: online forums. [sane.org](http://sane.org)

[healthinonet.ecu.edu.au](http://healthinonet.ecu.edu.au) - Aboriginal and Torres Strait Islander

1800 184 527 [qlife.org.au](http://qlife.org.au) - Lesbian, gay, bisexual, trans, and/or intersex

[mhima.org.au](http://mhima.org.au) - Culturally and linguistically diverse



EVERYMIND



Mindframe



[mindframe.org.au](http://mindframe.org.au)

### Media self-care

To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed [self-care resources](#) for journalists media professionals reporting on high profile incidents.



## Self-care for journalists

Every person will have an individual trauma response based on the type and severity of the experience, their age, gender, resilience and other psychosocial factors.

### Warning signs for seeking professional assistance may include:

- Being unable to handle the intense feelings or physical sensations
- Feeling numb and empty
- Continuing to experience strong distressing emotions
- Continuing to have physical symptoms of being tense, agitated and on edge
- Continuing to have disturbed sleep and/or nightmares
- Having no-one to support you and with whom you can share your feelings and emotions
- Having relationship problems with friends, family and colleagues
- Increasing your use of alcohol or drugs.

### Mindframe project team

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