

Media alert

Please cascade to all media staff

20 February 2020

***Mindframe* urges media to avoid describing method in
Camp Hill QLD incident**

As media continue to cover the incident, which occurred yesterday (19 February 2020) in Camp Hill, Queensland *Mindframe* urges media to avoid including explicit information that may be harmful to vulnerable audiences.

This includes detailed descriptions of the method and means as it may lead to imitation and increase the risk of distress to vulnerable audiences.

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.

Please consider the following in all coverage of this incident:

Avoid: Reporting explicit detail about method and means.

Use: If it is essential to include method, discuss in general terms *e.g.* 'died of self-inflicted wounds'

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.

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.

**Support services****24/7 support**

Lifeline: 13 11 14

lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidecallbackservice.org.au

Beyond Blue: 1300 224 636

beyondblue.org.au/forums

MensLine Australia: 1300 789 978

mensline.org.au

Kids Helpline: 1800 551 800

kidshelpline.com.au

1800RESPECT: 1800 737 732

Other resources

Relationships Australia: 1300 364 277 www.relationships.org.au

Head to Health: mental health portal. headtohealth.gov.au

Life in Mind: suicide prevention portal. lifeinmindaustralia.com.au

SANE: online forums. sane.org

healthfonet.ecu.edu.au - Aboriginal and Torres Strait Islander

[1800 184 527 qlife.org.au](http://1800184527qlife.org.au) - Lesbian, gay, bisexual, trans, and/or intersex

mhima.org.au - Culturally and linguistically diverse



EVERYMIND



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mindframe.org.au



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

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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