

Mindframe advice for the safe reporting on Annalise Braakensiek**7 January 2019****Please cascade to all media staff**

Mindframe wishes to pass on condolences to family and friends following the passing of Annalise Braakensiek in Sydney NSW.

At this time *Mindframe* would like to thank the Australian media for their safe and responsible reporting of the death of Ms. Braakensiek.

Mindframe would like to remind media that the cause of death has not been confirmed by an official source at this point in time.

Whenever there is an unexpected death, it is important media avoid speculating on the cause of death or potential contributing factors including events, wellbeing or health conditions, especially as coverage and interest increases.

Media are encouraged to consider at risk or vulnerable individuals who may be impacted by the incident and subsequent coverage by continuing to support the validation of grief and loss through an emphasis on self-care and help-seeking behaviour.

As more details come to light, media are reminded to refer to [Mindframe guidelines](#).

Finally, any coverage of this incident should include [help-seeking](#) contact details as listed below.

 **Support services****Adult**

Lifeline: [13 11 14](tel:131114)
lifeline.org.au
Suicide Call Back Service: [1300 659 467](tel:1300659467)
suicidecallbackservice.org.au
beyondblue: [1300 24 636](tel:130024636)
beyondblue.org.au
MensLine Australia: [1300 789 978](tel:1300789978)
mensline.org.au

Youth

Kids Helpline: [1800 551 800](tel:1800551800)
kidshelpline.com.au
headspace: [1800 650 890](tel:1800650890)
headspace.org.au
ReachOut: au.reachout.com

Other resources

Head to Health: mental health portal
headtohealth.gov.au
Life in Mind: suicide prevention portal
lifeinmindaustralia.com.au
SANE: online forums sane.org

healthinonet.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

The Mindframe project team

Tel: 02 4924 6900 **Email:** mindframe@hnehealth.nsw.gov.au **Twitter:** @MindframeMedia

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.

Help-seeking information

Individuals are more likely to seek help and support when appropriate services are included in stories. Adding help-seeking information to stories (online, print and broadcast) can provide somewhere for people who may be adversely impacted by the coverage to find professional support.

National 24/7 Crisis Services

Lifeline: 13 11 14 www.lifeline.org.au

Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au

MensLine Australia: 1300 78 99 79 www.mensline.org.au

Beyond Blue: 1300 22 4636 www.beyondblue.org.au

Key national resources

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

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