

Mindframe calls on media to report safely during COVID-19

Please cascade to all media staff covering Covid-19

Mindframe knows the unprecedented events unfolding due to the COVID-19 pandemic bring with them an associated range of social and emotional, financial and physical challenges for Australians and communities around the world.

We recognise stories about COVID-19 responses and issues are of notable public interest and will continue to receive heightened and ongoing media coverage.

While media provision of up to date information is vitally important, so too is sensitive and responsible reporting of details, circumstances and general media commentary to prevent the exacerbation of fear, anxiety and mental distress within the Australian community.

Mindframe calls on media to avoid speculation and amplification of the potential impacts of COVID-19 on suicide deaths and rates.

The expert knowledge about suicide is that it is a complex behaviour and is rarely preceded by a single event or condition. Accurate reporting on suicides and suicide prevention in the context of COVID-19 will recognise this.

Mindframe also urges media to include relevant help-seeking guidance alongside evidence-informed and factual information in its coverage of COVID-19. Good practice in media reporting will include details of support services.

Stories that validate the challenges currently being experienced by all Australians, in conjunction with stories that promote hope and recovery, can help communities come to terms with the traumatic events as well as help build community resilience. Responsible media coverage will seek to include these stories in the overall mix.

Support services

National 24/7 crisis services

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

MensLine Australia: 1300 789 978 mensline.org.au

Kids Helpline: 1800 551 800 kidshelpline.com.au

headspace: 1800 650 890 headspace.org.au

Information on COVID-19

Australian Government Department of Health: health.gov.au

Head to Health: headtohealth.gov.au/covid-19-support

Australian Government: australia.gov.au

National Coronavirus Helpline: 1800 020 080

(available 24/7 for people seeking information on COVID-19)

Key national resources

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

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



Media self-care









To provide support to media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources. These resources can be found [here](#).



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.

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