

Please cascade to all media staff

## Reminder for media to avoid speculation regarding suicide

Recommendations for safe and sensitive reporting include waiting for confirmation from official sources that a death is a suicide. Media should also refrain from speculating about motivation or the events leading up to a person's death. Suicide is complex and those who die by suicide are likely to have multiple risk factors affecting them and fewer protective factors to mitigate those risks.

The Australian media are reminded to consider the *Mindframe* [guidelines](#) when covering any story that refers to mental ill-health or suicide. These include:

- Removing details of method and location. Explicit or technical descriptions and images of methods and locations used for suicide may lead to imitation by vulnerable individuals.
- Including appropriate help seeking. Individuals who may be impacted by coverage are more likely to seek help and support when appropriate services are included in stories.
- Refraining from using sensationalistic or stigmatizing language.

## Support services

### Adult

**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)

### Youth

**Kids Helpline:** 1800 551 800  
[kidshelpline.com.au](http://kidshelpline.com.au)  
**headspace:** 1800 650 890  
[headspace.org.au](http://headspace.org.au)  
**ReachOut:** [ReachOut.com](http://ReachOut.com)

### Other resources

**Head to Health:** mental health portal  
[headtohealth.gov.au](http://headtohealth.gov.au)  
**Life in Mind:** suicide prevention portal  
[lifeinmind.org.au](http://lifeinmind.org.au)  
**SANE:** online forums [saneforums.org](http://saneforums.org)

**Aboriginal and Torres Strait Islander:** [healthinonet.ecu.edu.au](http://healthinonet.ecu.edu.au)  
**Lesbian, gay, bisexual, trans, and/or intersex:** 1800 184 527 [qlife.org.au](http://qlife.org.au)  
**Culturally and linguistically diverse:** [embracementalhealth.org.au](http://embracementalhealth.org.au)

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## Media self-care

Reporting suicide and mental illness can also impact to the welfare of journalists. To support media professionals the *Mindframe* team, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources for media professionals reporting suicide and mental illness. These resources can be found [here](#).

## Mindframe project team

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