

Mindframe advice for reporting incident in the Sydney CBD**13 August 2019****Please cascade to all media staff**

Mindframe reminds media of the importance of responsible coverage of the incident in the Sydney CBD and urges promotion of help-seeking information for vulnerable audiences.

We recognise the story is of public interest and may receive ongoing coverage. It is important to ensure that media report responsibly, given that repeated and sustained coverage can increase the risk of harm or distress in those who may be impacted by the content.

When reporting on this story, *Mindframe* advises the following:

- **Refrain from linking violent acts to mental illness.** Many violent people have no history of mental illness and most people with a mental illness have no history of violence. Avoid speculation around perpetrator's state of mind or mental health until these have been officially confirmed by authorities.
- **Avoid using colloquial language** such as 'crazed' and 'psychopath' as this can also contribute to stigma. Certain language and stereotypes can lead to negative community attitudes and stigmatise people living with a mental illness, as well as present inaccuracies about mental illness or mental health care.
- **Include help-seeking:** Include help-seeking information for potentially distressed viewer. See below for further information.

Any coverage of this incident should include details of help-seeking resources below.

More information on reporting guidelines can be found on the *Mindframe* website.

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.

More information on reporting guidelines can be found on the [Mindframe](#) website.

The *Mindframe* project team

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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



Support services

Adult

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

Youth

Kids Helpline: 1800 551 800

kidshelpline.com.au

headspace: 1800 650 890

headspace.org.au

ReachOut: ReachOut.com

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

1800 184 527 qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex

mhima.org.au - Culturally and linguistically diverse

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmindaustralia.com.au

SANE: online forums saneforums.org



EVERYMIND



Mindframe

mindframe.org.au

Other key national resources

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

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

Media self-care

Reporting suicide and mental illness can also impact on the welfare of journalists. To support media professionals *Mindframe*, 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](#).

