

Mindframe reminder for safe reporting on Kate Cook**5 March 2019****Please cascade to all media staff**

Mindframe wishes to pass on condolences to family and friends following the passing of singer Kate Cook in QLD.

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

While we understand that this incident is of public interest, *Mindframe* wishes 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.

Mindframe asks Australian media to be mindful and sensitive of the family affected by this incident, as well as friends and the community when reporting.

Finally, 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

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

 **Support services****Adult**

Lifeline: [13 11 14](tel:131114)
lifeline.org.au
Suicide Call Back Service: [1300 659 467](tel:1300659467)
suicidecallbackservice.org.au
Beyond Blue: [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 saneforums.org

healthinonet.ecu.edu.au - Aboriginal and Torres Strait Islander
[1800 184 527](tel:1800184527) qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex
mhima.org.au - Culturally and linguistically diverse

**Self-care**

Reporting suicide and mental ill-health can also impact to 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 include self-care tips for journalists as well as and advice for editors and line managers, and can be found [here](#).

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