

Mindframe reminder for responsible reporting on incident outside of Tokyo**28 May 2019****Please cascade to all media staff**

Mindframe wishes to remind media of responsible reporting on the incident that has occurred outside of Tokyo.

Mindframe reminds Australian media professionals to be cautious when sharing or posting overseas content, and to ensure articles are in line with Australian reporting standards and editorial codes.

We ask media to refrain from using explicit detail and images of method as this may lead to imitation by vulnerable individuals. If it is essential to include method, discuss in general terms.

Mindframe also cautions around linking the motivations of the perpetrator to mental ill-health until motives have been established by authorities. Certain language and stereotypes can lead to negative community attitudes and stigmatise people living with mental ill-health, as well as present inaccuracies about [mental ill-health](#) or mental health care.

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

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

**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: 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 qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex
mhima.org.au - Culturally and linguistically diverse

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 224 636 www.beyondblue.org.au

Key Youth Support Services:

Kids Helpline (24/7): 1800 55 1800 www.kidshelpline.com.au

headspace: 1800 650 890 www.headspace.org.au

ReachOut: au.reachout.com

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](#).

The *Mindframe* project team

Tel: 02 4924 6900

Email: mindframe@hnehealth.nsw.gov.au

Twitter: @MindframeMedia