

**Media alert**

Please cascade to all media staff

13 January 2020

***Mindframe* advice for Brisbane incident**

*Mindframe* is aware that media reports are circulating around a suspected death relating to the protests at Brisbane Library over the weekend.

Whilst no official information has been released *Mindframe* would like to remind media to be mindful of speculation around self-harm and the details related to this incident.

Furthermore, please be mindful of how family, friends and community may be impacted.

We recognise the story is of public interest and will receive ongoing coverage.

It is important that media report responsibly, given that repeated and sustained coverage can impact those who are vulnerable or distressed.

Any coverage of this recent incident should include details of [help-seeking](#) information along with any other crisis support lines that may be required as the story develops.

As more details emerge about the incident, please refer to the [Mindframe guidelines](#) as necessary.

**Support services****Adult**

**Lifeline:** [13 11 14](tel:131114)

[lifeline.org.au](http://lifeline.org.au)

**Suicide Call Back Service:** 1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**beyondblue:** [1300 24 636](tel:130024636)

[beyondblue.org.au](http://beyondblue.org.au)

**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](tel:1800650890)

[headspace.org.au](http://headspace.org.au)

**ReachOut:** [au.reachout.com](http://au.reachout.com)

**Other resources**

**Head to Health:** mental health portal

[headtohealth.gov.au](http://headtohealth.gov.au)

**Life in Mind:** suicide prevention portal

[lifeinmindaustralia.com.au](http://lifeinmindaustralia.com.au)

**SANE:** online forums [sane.org](http://sane.org)

[healthinonet.ecu.edu.au](http://healthinonet.ecu.edu.au) - Aboriginal and Torres Strait Islander

[1800 184 527](tel:1800184527) [qlife.org.au](http://qlife.org.au) - Lesbian, gay, bisexual, trans, and/or intersex

[mhima.org.au](http://mhima.org.au) - Culturally and linguistically diverse

**The Mindframe project team**

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### Media self-care









To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed [self-care resources](#) for journalists media professionals reporting on high profile incidents.



## 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.

### 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.

### National 24/7 Crisis Services

**Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)

**Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**MensLine Australia:** 1300 78 99 78 [www.mensline.org.au](http://www.mensline.org.au)

**Beyond Blue:** 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)

**Kids Helpline** 1800 55 1800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

**headspace** 1800 650 890 [www.headspace.org.au](http://www.headspace.org.au)

*Research shows that youth and young adults prefer online access of help-seeking due to anonymity and allows access to resources and further information.*

### Key national resources

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

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