

## Media alert

17 October 2022 | Please cascade to all media staff

### **Mindframe advice for reporting on the Royal Commission into Defence and Veteran Suicide**

Hearings for the Royal Commission into Defence and Veteran Suicide are scheduled to recommence on Tuesday 18 October. Australian media are reminded to report safely and sensitively on issues relating to suicide.

While the Royal Commission may be validating or healing for some in the defence and veteran communities, it may also be distressing. Please be mindful of this when reporting on information shared in the hearings and when approaching people for comment or interviews.

The *Mindframe* website has tailored resources for those [reporting on defence and veteran suicide](#) as well as general resources to support safe reporting.

### **We recommend that media:**

- Share stories that validate the challenges currently being experienced by the veteran community as well as stories of hope or recovery
- Include information on defence and veteran specific services/helplines or pathways to support
- Ensure language used does not sensationalise mental ill-health or suicide
- Avoid inclusion of specific details about the method or location of a suicide death or attempt
- Ensure images and/or video accompanying news or social media posts align with the recommendations above
- Consider the quantity of media reporting on the issue of defence and veteran suicide as a high volume of ongoing reporting may also be distressing for impacted communities.

### **Include relevant support services:**

#### 24/7 Helplines

##### Lifeline

13 11 14 | Text 0477 13 11 14  
[lifeline.org.au](http://lifeline.org.au)

##### Beyond Blue

1300 224 636  
[beyondblue.org.au/forums](http://beyondblue.org.au/forums)

##### Suicide Call Back Service

1300 659 467  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

##### MensLine Australia

1300 789 978  
[mensline.org.au](http://mensline.org.au)

#### 24/7 Helplines for ADF Members & Veterans

##### Open Arms - Veterans and Families Counselling

1800 011 046 | [openarms.gov.au](http://openarms.gov.au)

##### ADF All-Hours Support line

1800 628 036

##### Defence Family Helpline

1800 624 608

##### ADF Chaplain

Via the Defence  
switchboard  
1300 333 362



#### Other resources

##### Engage

[engage.forcenet.gov.au](http://engage.forcenet.gov.au)

##### Fighting Fit

[defence.gov.au/adf-members-families/health-well-being](http://defence.gov.au/adf-members-families/health-well-being)

##### Head to Health

Mental Health Portal

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

##### Life in Mind

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

### Support for media

For free support when reporting on or communicating publicly about youth suicide call 02 4924 6900, visit [mindframe.org.au](http://mindframe.org.au) or email [mindframe@health.nsw.gov.au](mailto:mindframe@health.nsw.gov.au)

### Media self-care

Reporting on suicide and mental illness can also impact 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 on suicide and mental ill-health. These resources can be found [here](#).

### For more information:

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