

Mindframe media reminder

18 March 2019

News Room self-care in wake of recent events

Please cascade to all appropriate staff

Mindframe acknowledges the potential impact on journalists and news room staff following exposure to distressing content when reporting on recent local and international incidents.

News stories detailing tragic incidents, recounts of horrific events and the detailing of deaths can affect the welfare of those covering the story.

We encourage Editors, Chief of Staff and Heads of News to look out for staff welfare, in particular cadets or new recruits. To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources which include helpful tips for journalists as well as advice for editors and line managers. These resources can be found [here](#).

Tips to help minimise harm



Self-care for journalists

Before covering a story

Before covering a story on suicide and mental illness, especially where violence and/or death is involved, it is advisable for media professionals to discuss the possible emotional, physical and logistical risks they may encounter with their editor or manager.

During story development

A small amount of distress following exposure to trauma is a common response not a weakness. If you are feeling distressed, it can be helpful to discuss this with someone you trust. It's not weak, unprofessional or career-threatening to do this.









After covering the story

It can be helpful to have a conversation with someone you trust, for example a peer who is a good listener. Speaking to a colleague who understands you can be extremely beneficial.

 **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.

Taking care of your audience

It is important going forward that stories that are of public interest which are receiving ongoing coverage, continue to be reported responsibly. *Mindframe* urges caution that details of graphic and distressing information can increase the risk to those who are vulnerable or distressed.

Help advocate for appropriate help-seeking information in all media stories. Individuals are more likely to seek help and support when appropriate services are included in stories. *Mindframe* recommends media add help-seeking information to stories (online, print and broadcast) which can provide somewhere for people who may be adversely impacted by the coverage, to seek professional support.

Reminder: safe use of language

Language used in media reports can have an impact on interview participants directly, and indirectly on vulnerable audiences. This is specifically in relation to reporting on mental health issues, suicide and self-harm.

It is also important to remember that suicide, self-harm and mental ill-health are complex issues and certain ways of reporting these issues can adversely impact on vulnerable members of the community. To help provide context, please refer to the following quick tips on safely reporting [Suicide](#), [Mental Ill-health](#) and [self-harm](#).

National 24/7 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 14lifeline.org.au**Suicide Call Back Service:** 1300 659 467suicidecallbackservice.org.au**beyondblue:** 1300 24 636beyondblue.org.au**MensLine Australia:** 1300 789 987mensline.org.au**Youth****Kids Helpline:** 1800 551 800kidshelpline.com.au**headspace:** 1800 650 890headspace.org.au**ReachOut:** au.reachout.com**Other resources****Head to Health:** mental health portalheadtohealth.gov.au**Life in Mind:** suicide prevention portallifeinmindaustralia.com.au**SANE:** online forums sane.orghealthinonet.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**

EVERYMIND



Mindframe

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