



RECOMMENDATIONS FOR REPORTING ON SUICIDE

1. PROVIDE A SUICIDE PREVENTION RESOURCE

- ▶ Always include a prevention resource, for instance:
 - San Diego Access and Crisis Line: (888) 724-7240
 - Mental Health and Suicide Prevention Resources: Up2SD.org
- ▶ Offer a description of the resources you provide

2. WARNING SIGNS AND RISK FACTORS

- ▶ Include more than one warning sign or risk factor for suicide (warning signs on back)
- ▶ Consider the fact that many risk factors can contribute to suicide

3. AVOID INFORMATION ABOUT SUICIDE METHOD

- ▶ Avoid giving details about how the suicide was carried out
- ▶ Avoid specific details about the weapon that was used

4. FOCUS ON COMPLEXITY OF SUICIDE

- ▶ Make a broad statement about the complexity of suicide.
- ▶ Avoid mentioning only one preceding event; don't over-simplify. There is no easy answer.
- ▶ Avoid speculation – rarely do we ever truly know the causes.

5. AVOID SENSATIONAL LANGUAGE

- ▶ Use objective language (Avoid terms like “crazy” and “psycho”)
- ▶ Use reliable data to describe suicide. Refrain from including statistics that make suicide seem common, normal or acceptable.
- ▶ Maintain a hopeful tone



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COMMUNITY HEALTH
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Provided on behalf of the San Diego County Suicide Prevention Council.



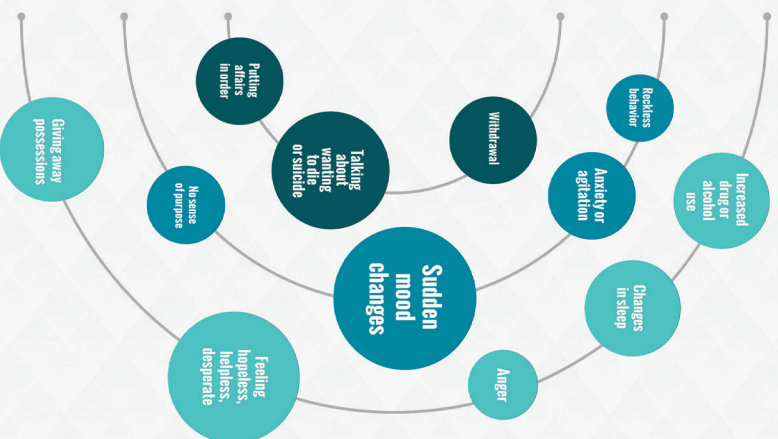
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PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.
HERE'S WHAT TO LOOK FOR:



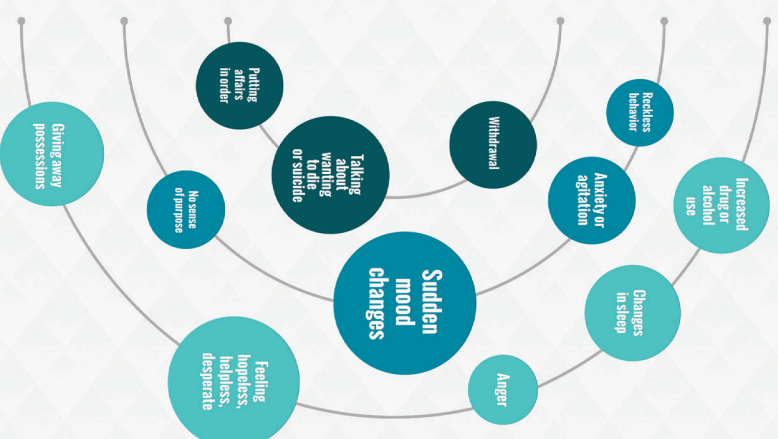
By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.
Learn more at:

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Source: Know the Signs Campaign, funded by counties through the California Mental Health Services Authority.

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