

# RECOMMENDATIONS FOR REPORTING ON SUICIDE

Provide the media with suggestions on how to report on suicide in ways that will reduce the risk of suicide contagion, and will promote prevention. Here are a few key messages for how you can help the media report on suicide in a safe and responsible manner. Learn more about the Recommendations for Reporting on Suicide at [www.reportingonsuicide.org](http://www.reportingonsuicide.org).

## 1. PROVIDE A SUICIDE PREVENTION RESOURCE

- ▶ Always have suicide prevention resource information on hand, for instance:
  - San Diego Access and Crisis Line: (888) 724-7240
  - Mental Health and Suicide Prevention Resources: [Up2SD.org](http://Up2SD.org)
- ▶ Offer a description of the resources you provide

## 2. DISCUSS WARNING SIGNS AND RISK FACTORS

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

## 3. AVOID INFORMATION ABOUT SUICIDE METHOD

- ▶ Avoid giving details to the media 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.

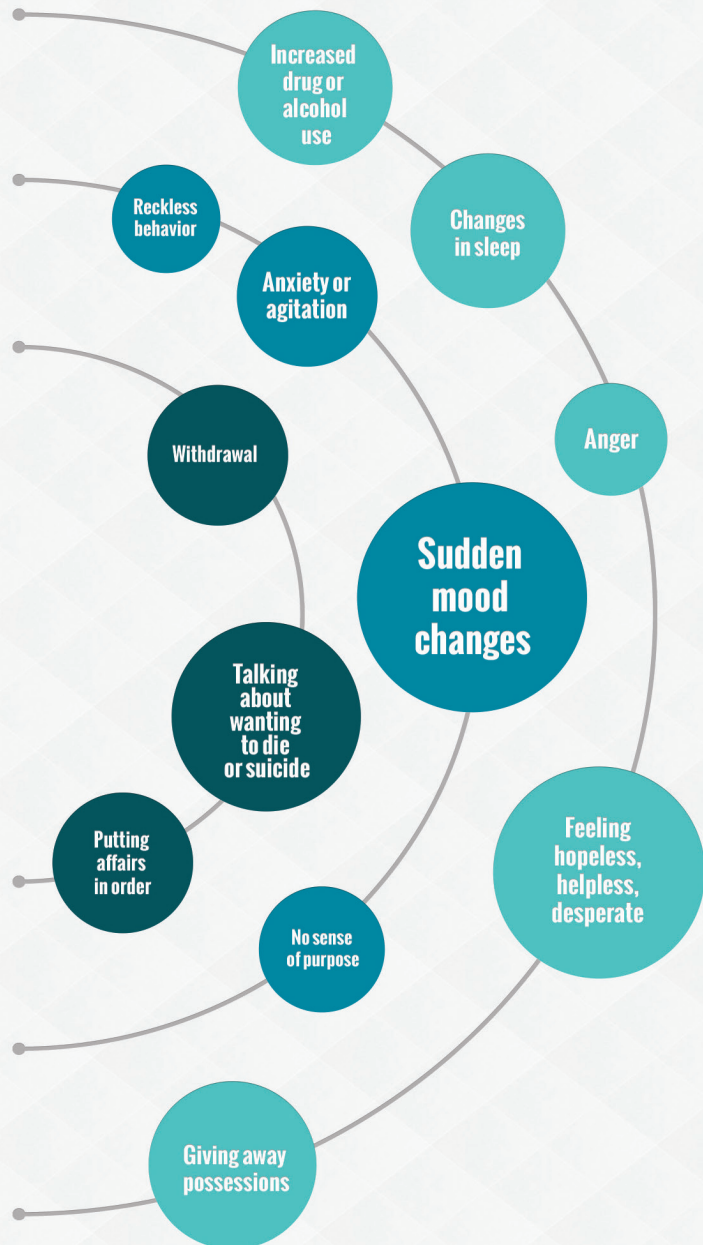
## 5. AVOID SENSATIONAL LANGUAGE

- ▶ 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

# 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:**

**Up2SD.org<sup>®</sup>**