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

2. WARNING SIGNS AND RISK FACTORS
   - Always include a prevention resource, for instance:
     - San Diego Access and Crisis Line: (888) 724-7240
     - Always include a prevention resource, for instance:

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.

5. AVOID SENSATIONAL LANGUAGE
   - Avoid using terms like "crazy" and "psycho.
   - 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.

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