

5 QUESTIONS TO ASK WHILE YOU WRITE ABOUT SUICIDE



Have I **mentioned harm** to those affected by suicide?

People at a high risk of suicide who may be reading the report may change their mind when they understand how suicide impacts the family and loved ones of the bereaved.



Have I **told the truth**, yet avoided explicit details of method and location?

Mentioning these details may impact individuals who are already vulnerable, leading to suicide 'contagions' or copy-cat suicides.



Have I **taken care** in producing the story, including tone & language?

Including hopeful messages that suicide is preventable in language, tone and images used, talking positively about the bereaved and not revealing contents of suicide note can help.



Do I **avoid stereotypes**, harmful content and **stigmatising** stories?

Stereotyping can impact suicide prevention efforts. Avoid the words 'commit suicide.' Avoid attributing suicide to a single reason as the reason behind a person's suicide could be complex.



Have I **provided support** via helpline or websites?

A one-column-centimetre space can be used to provide life-saving information to someone at a high risk of suicide. Connect your readers to suicide helplines/websites.

If you have answered positively to all five questions, your story meets international guidelines on the subject.

Reference: Adapted from module on reporting on suicide by Dr. Ann Luce, Bournemouth University and Dr. Sally Ann Duncan's Strathclyde University
More resources for journalists: <http://bit.do/resourcesJ>.

5 questions to ask while you write about suicide : A Resource for Journalists was designed by REACH as part of our efforts to help improve the quality and frequency of media reporting on NCDs.