## Media and public speaking about suicide.

Life in Mind encourages responsible, accurate and sensitive representation of mental illness and suicide in the Australian mass media. The guides listed below can assist your organisation and community responsibly communicate about suicide.

## [Mindframe](https://www.lifeinmindaustralia.com.au/programs/mindframe).

The Mindframe initiative involves building a collaborative relationship with the media and other sectors that influence the media (such as key sources for news stories). Mindframe has provided the resources

## [Media and public speaking for consumers and carers.](https://s3-ap-southeast-2.amazonaws.com/lifeinmind/assets/src/uploads/media-and-public-speaking-for-consumers-carers_2017.pdf)

This guide contains practical information for consumers and carers to support their work with the media. It provides some advice on the best way to share personal stories, whether this is in a media interview or a public speaking opportunity.

## [A guide for speaking publicly about suicide](http://www.mindframe-media.info/__data/assets/pdf_file/0020/8264/Guide-for-speaking-publicly-about-suicide.pdf).

This guide aims to provide some practical tips on safe ways to discuss this challenging area, to ensure any risks are managed whilst increasing the community understanding of suicide. It is important to talk about suicide.

## [Self care](https://www.lifeinmindaustralia.com.au/programs/mindframe).

Self care refers to activities that help individuals look after themselves both physically and mentally. It includes behaviours we can adopt to ensure that our bodies and mind function effectively and healthily.

## [Mindframe Self-care for Media Reporting On Suicide](https://s3-ap-southeast-2.amazonaws.com/lifeinmind/assets/src/uploads/Mindframe-self-care-for-media-reporting-on-suicide.pdf).

Reporting on suicide and mental illness can have a profound effect on journalists. This includes reporting on and interviewing people impacted by suicide such as the bereaved. These effects can range from temporary discomfort to more long-term distress. This resource can assist journalists to incorporate self-care into their professional practices to maintain their wellbeing.