

Mindframe reminder for safe reporting on passing of Jeremy Richman**26 March 2019****Please cascade to all media staff**

Mindframe wishes to pass on condolences to family and friends following the passing of Jeremy Richman, father of Avielle Richman, a victim of the Sandy Hook school shooting in Connecticut, U.S.

Due to the risk of contagion, *Mindframe* reminds the Australian media of the need for responsible reporting following this incident, and urges the promotion of help-seeking information for distressed viewers.

With the story being of public interest, and in light of sustained international and national media coverage, it's important the media report responsibly given that repeated and sustained coverage can increase risk to those that are vulnerable or distressed.

When reporting on this incident *Mindframe* strongly recommends the following:

- **Avoid:** Reporting explicit detail about method, means or location, as this may lead to imitation by vulnerable individuals. If it is essential to include method, means or location, discuss in general terms.
E.g. "Jeremy Richman was found outside his office on Monday morning."
- **Avoid:** Sharing or posting overseas content such as syndicated articles or social media news feeds that contain details of method, means or locations, or are otherwise not in line with Australian reporting standards and editorial codes.

Media are urged to consider at risk or vulnerable individuals who may be impacted. *Mindframe* encourages the validation of grief and loss and an emphasis on self-care and help-seeking behaviour.

Any coverage of this incident should include details of [help-seeking](#) resources, listed below.

More information on reporting guidelines can be found on the [Mindframe](#) website.



Support services

Adult

Lifeline: 13 11 14
lifeline.org.au
Suicide Call Back Service: 1300 659 467
suicidecallbackservice.org.au
beyondblue: 1300 24 636
beyondblue.org.au
MensLine Australia: 1300 789 978
mensline.org.au

Youth

Kids Helpline: 1800 551 800
kidshelpline.com.au
headspace: 1800 650 890
headspace.org.au
ReachOut: au.reachout.com

Other resources

Head to Health: mental health portal
headtohealth.gov.au
Life in Mind: suicide prevention portal
lifeinmindaustralia.com.au
SANE: online forums sane.org

healthinonet.ecu.edu.au - Aboriginal and Torres Strait Islander
1800 184 527 qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex
mhima.org.au - Culturally and linguistically diverse

Help-seeking information

Adding help-seeking information to stories (online, print and broadcast) can provide somewhere for people who may be adversely impacted by the coverage to find professional support.

National 24/7 Crisis Services:

Lifeline: 13 11 14 www.lifeline.org.au
Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au
MensLine Australia: 1300 78 99 79 www.mensline.org.au
Beyond Blue: 1300 22 4636 www.beyondblue.org.au

Key Youth Support Services:

Kids Helpline (24/7): 1800 55 1800 www.kidshelpline.com.au
headspace: 1800 650 890 www.headspace.org.au
ReachOut: au.reachout.com

Self-care

Reporting suicide and mental ill-health can also impact to the welfare of journalists. To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources for media professionals reporting suicide and mental illness. These resources include self-care tips for journalists as well as and advice for editors and line managers, and can be found [here](#).

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