

**Mindframe reminder for responsible reporting on the Christchurch shooting****15 March 2019****Please cascade to all media staff**

*Mindframe* reminds media of the responsible reporting on the breaking news around the Christchurch shooting, and to use caution when speculating the link between the shooter's state of mind and the incident.

***Mindframe give a strong warning to be mindful of embedded live feeds of the incident – reports of syndicated media and social media have alerted us to graphic and live content of a highly distressing nature and may negatively impact audiences and be distressing to you and your staff.***

Like the rest of the nation, our thoughts are with those who have been affected by this tragedy in Christchurch, particularly the families, friends, first responders and communities of those who have been lost or injured following this attack.

We ask media to refrain from linking the motivations of the perpetrator to mental illness until motives have been established. Research shows us that less than 4% of mass shootings have any links to mental illness. Many violent people have no history of mental illness and most people with a mental illness have no history of violence.

Certain language and stereotypes can lead to negative community attitudes and stigmatise people living with a mental illness, as well as present inaccuracies about [mental illness](#) or mental health care.

Secondly, Australian media are particularly reminded to be cautious when using or repeating overseas media coverage due to the potential for harmful and inaccurate content around mental health issues from overseas media outlets that may use [colloquial language out of context](#).

*Mindframe* would like to remind all journalists and those working in the media that these tragic incidents can also have an impact on the welfare of those covering the story. To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed journalism self-care resources which include helpful tips for journalists as well as advice for editors and line managers. [More info here](#)

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

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

## 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](http://www.lifeline.org.au)

**Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**MensLine Australia:** 1300 78 99 79 [www.mensline.org.au](http://www.mensline.org.au)

**Beyond Blue:** 1300 22 4636 [www.beyondblue.org.au](http://www.beyondblue.org.au)



## Support services

### Adult

**Lifeline:** 13 11 14

[lifeline.org.au](http://lifeline.org.au)

**Suicide Call Back Service:** 1300 659 467

[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

**beyondblue:** 1300 24 636

[beyondblue.org.au](http://beyondblue.org.au)

**MensLine Australia:** 1300 789 987

[mensline.org.au](http://mensline.org.au)

### Youth

**Kids Helpline:** 1800 551 800

[kidshelpline.com.au](http://kidshelpline.com.au)

**headspace:** 1800 650 890

[headspace.org.au](http://headspace.org.au)

**ReachOut:** [au.reachout.com](http://au.reachout.com)

### Other resources

**Head to Health:** mental health portal

[headtohealth.gov.au](http://headtohealth.gov.au)

**Life in Mind:** suicide prevention portal

[lifeinmindaustralia.com.au](http://lifeinmindaustralia.com.au)

**SANE:** online forums [sane.org](http://sane.org)

[healthinonet.ecu.edu.au](http://healthinonet.ecu.edu.au) - Aboriginal and Torres Strait Islander

[1800 184 527 qlife.org.au](http://1800.184.527 qlife.org.au) - Lesbian, gay, bisexual, trans, and/or intersex

[mhima.org.au](http://mhima.org.au) - Culturally and linguistically diverse

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