

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

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.

If you have any questions, please write to us at media@reachindia.org.in