

REPORTING TO PREVENT SUICIDE

As a member of the media and our greater Utah community, you have a critical role in preventing suicide deaths. The stories and messages you share impact those affected by and considering suicide. We seek your partnership to save lives and reduce suffering while informing the public in a safe way.

WHY SAFE REPORTING MATTERS



More than 50 worldwide studies have found that the amount, duration and prominence of certain news coverage can increase the likelihood of suicide in vulnerable individuals.



Large headlines, prominent placement and graphic details can glamorize a death and encourage “copycat suicides” or “suicide contagion.”



Balancing suicide coverage with treatment options, stories of recovery and resources for help can change public misconception, correct myths and encourage individuals to seek help.

RESOURCES

Including the following resources can encourage individuals considering suicide to seek help.

- National Suicide Prevention Lifeline
1-800-273-TALK(8255)
suicidepreventionlifeline.org
- Utah Suicide Prevention Coalition
utahsuicideprevention.org
- Trevor Lifeline
1-866-488-7386
thetrevorproject.org
- SafeUT app

Learn more at reportingonsuicide.org

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RECOMMENDATIONS

Instead of this:	Please do/say:	Why:
Committed suicide	Died by suicide	Reduces judgement and stigma by challenging the association between suicide and crime
Successful/unsuccessful suicide	Suicide attempt	Prevents associations between success/achievement and suicide
Citing one reason for a death by suicide	Refrain from giving a cause or note complexity	Communicates the complexity behind suicide, which helps prevent contagion
Reporting suicide similar to crime stories	Report as a public health issue	Suggests mental illness and thoughts of suicide are treatable, not a crime
Quoting police or first responders on causes	Seek advice from experts	Prevents harmful speculation of an individual's situation

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