RECOMMENDATIONS FOR REPORTING ON SUICIDE

1. PROVIDE A SUICIDE PREVENTION RESOURCE
   - Always include a prevention resource, for instance:
     - San Diego Access and Crisis Line: (888) 724-7240
     - Mental Health and Suicide Prevention Resources: Up2SD.org
   - Offer a description of the resources you provide

2. WARNING SIGNS AND RISK FACTORS
   - Include more than one warning sign or risk factor for suicide (warning signs on back)
   - Consider the fact that many risk factors can contribute to suicide

3. AVOID INFORMATION ABOUT SUICIDE METHOD
   - Avoid giving details about how the suicide was carried out
   - Avoid specific details about the weapon that was used

4. FOCUS ON COMPLEXITY OF SUICIDE
   - Make a broad statement about the complexity of suicide.
   - Avoid mentioning only one preceding event; don’t over-simplify. There is no easy answer.
   - Avoid speculation – rarely do we ever truly know the causes.

5. AVOID SENSATIONAL LANGUAGE
   - Use objective language (Avoid terms like “crazy” and “psycho”)
   - Use reliable data to describe suicide. Refrain from including statistics that make suicide seem common, normal or acceptable.
   - Maintain a hopeful tone

Provided on behalf of the San Diego County Suicide Prevention Council.
PAIN ISN’T ALWAYS OBVIOUS

HERE’S WHAT TO LOOK FOR:

Learn more at:
Up2SD.org

By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.

The warning signs of emotional pain or suicidal thoughts aren’t always obvious.