

SASaR: Sarawak Suicide Reporting Card

Led by media and lived experience

This tool covers news relating to suicidal behaviour which includes suicide attempts, self-harm and death by suicide.



CONTENT
FORUM

WHO IS IT FOR?

- Journalists
- Editors
- Content Creators

WHY SHOULD WE CARE?

- The media plays an active role in the prevention of suicide.
- Media reports have the potential to either strengthen or damage suicide prevention efforts.
- Media reports about suicide can increase suicide risk because of imitative (copycat) suicides.
- Responsible reporting about suicide can help educate the public about suicide and its prevention.
- Offers hope to all especially vulnerable individuals, reduces stigma and inspires open dialogue.

RESPONSIBLE REPORTING

- Report suicide as a public health issue.
- Include stories focused on hope, help-seeking and preserving the dignity of the deceased and bereaved.
- Include resources and provide information on the warning signs of suicide, hotlines, and treatment resources.
- Use appropriate language, as certain phrases and words can further stigmatize suicide, spread myths, and undermine suicide prevention.



DO'S

- ✓ Respect the privacy of the deceased and do not disclose identity. Mention only gender and age. Write in general where the deceased was found (e.g. Miri, Kuching etc).
- ✓ Report the deceased as "found dead" and not death by suicide (if not confirmed).
- ✓ Obtain confirmation from the police if they have received a report of suspected suicide.
- ✓ Include helpline in the news report.

DON'TS

- ✗ Do not publish the identity of the deceased (i.e. name, religion, race, job, treatment history etc.)
- ✗ Avoid publishing photographs or videos related to the suicide (including graphics or illustrations showing methods/ detailed descriptions of the suicide).
- ✗ Do not publish suicide note.
- ✗ Do not mention methods or the exact location of the suicide in the news report.
- ✗ Avoid interviewing or taking information (social media posts) from the bereaved without their consent.
- ✗ Avoid referring to a suicide as "successful", "unsuccessful attempt" or "failed attempt" in the news report.
- ✗ Do not sensationalize news reports including headlines especially when it involves a celebrity or influential person.

HELPLINES

- ☎ Talian Heal
15555
- ☎ Befrienders KL
03-76272929
- ☎ Life Line Association Malaysia
03-42657995
- ☎ Befrienders Kuching
082-242800 (6.30 pm - 9.30 pm)



Question not answered?
Any further queries:
<http://surl.li/keqls>