



## 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

**Up2SD.org**  
LINK UP FOR INFORMATION AND MENTAL HEALTH RESOURCES



a project facilitated by:  
**COMMUNITY HEALTH  
IMPROVEMENT PARTNERS**  
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**COHSA**  
COUNTY OF SAN DIEGO  
HEALTH AND HUMAN SERVICES AGENCY  
Funded by the Mental Health Services Act

Provided on behalf of the San Diego County Suicide Prevention Council.



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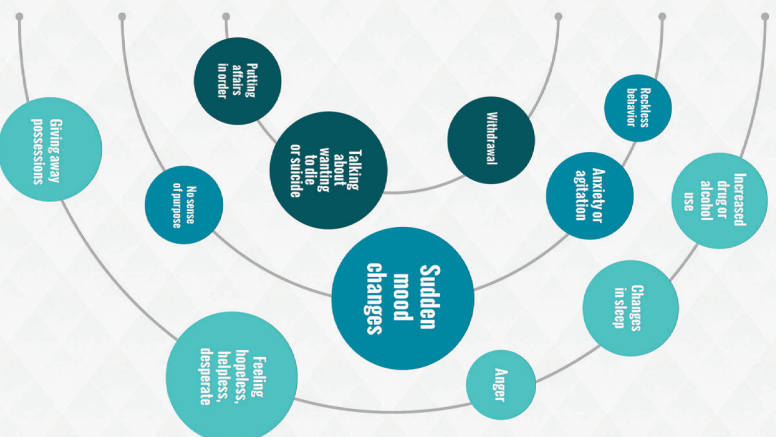


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# PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.  
**HERE'S WHAT TO LOOK FOR:**



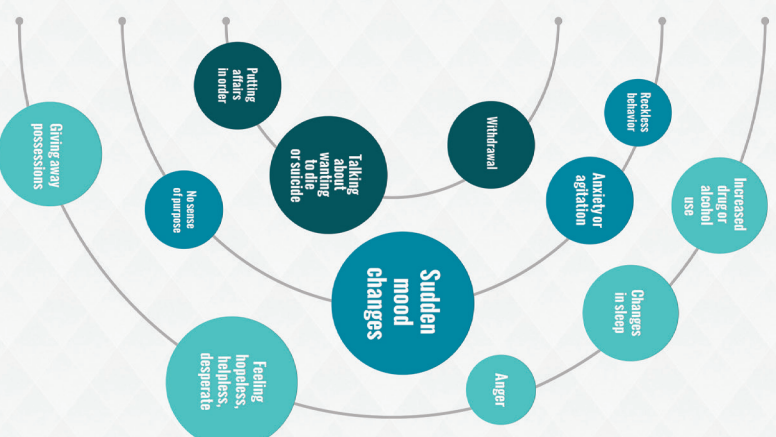
By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.  
**Learn more at:**

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Source: Know the Signs Campaign, funded by counties through the California Mental Health Services Authority.

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