

Media Guidelines for Reporting on Youth Suicide

Mindfully reporting on suicide, using correct language, and displaying resources to find help can save a life. Risk of additional suicides (Suicide Contagion or “Copy Cat Suicide” increases when the story/report describes details such as suicide method, dramatic and eye catching headlines or images, and extensive coverage that sensationalize a death.

DO THIS

- Minimize prominence and do not sensationalize suicide. (ex. “Name’ Dead at 18”)
- Use family or school/work photo; include local crisis support.
- Include “Warning Signs” and “What to Do”.
- “A note from the deceased was found and will be reviewed by medical examiner”.

NOT THIS

- Do not use sensationalistic headlines. (ex. “Name’ Used Shotgun to Commit Suicide”)
- Do not use photos/videos of location or method of death.
- Do not describe suicide as “Without Warning”.
- Do not say “Name’ left a suicide note saying...” and go into details of note.

Always Include Resources on Where to Find Help, Warning Signs, and How to Help

Warning Signs:

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or seeking revenge
- Displaying extreme mood swings

How to Help:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs, sharp objects, or other items that could be used in a suicide attempt
- Call local crisis support or the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Take the person to an emergency room or seek help from a medical or mental health professional

Most people who die by suicide show more than one warning sign. Look out for changes in behavior or an entirely new behavior. If you believe someone is showing warning signs, take action in finding professional help.

Although a suicidal person might not ask for help, they may want the help. Often times they just want to stop hurting. Taking them seriously, openly talking about suicide, and finding professional help can save a life.

How to Navigate Youth Mental Health Services in Greater Cincinnati

Ongoing Symptoms

Mild symptoms increase such as extreme changes in behavior; withdraw from friends, family and activities; lose interest in activities; increase outbursts, crying; excessive sadness, anxiety, and guilt.



- Consult Primary Care Provider
- Ask child's school if they have a mental health partner
- Search www.MindPeaceCincinnati.com for treatment resources or contact MindPeace at 513-803-0844

Severe Symptoms

Symptoms worsen; showing signs of self-harm, enduring panic attacks, or other crisis are found.



- Contact Primary Care Provider immediately or PIRC (24/7)
- Ask child's school if they have a mental health partner
- Search www.MindPeaceCincinnati.com for treatment resources or contact MindPeace at 513-803-0844

Life Threatening

Symptoms include suicidal thoughts and behaviors.



- Call 911
- Go to the Emergency Room & Call Cincinnati Children's PIRC on the way
- Call Local or National Helplines (*listed below*)

Cincinnati Area Crisis Support:

National Suicide Hotline

1-800-273-8255

Hamilton County Hotline

Call 513-281-CARE (2273)
Text 4HOPE to 839863 for help

Butler County Crisis Hotline

1-844-4CRISIS (1-844-427-4747)

Warren & Clinton County Hotline

(877) 695-NEED (6333)

Mobile Crisis

513-584-8577

Provides a psychiatric emergency room and mobile crisis unit trained to respond to mental health emergencies.

PIRC

513-636-4124

The Psychiatric Intake Response Center, located within Cincinnati Children's is the admission and evaluation center for all psychiatric services.

Lighthouse Crisis Center

513-961-4080

The Youth Crisis Center provides a safe haven for youth ages 10-17 who are physically or sexually abused, neglected, or for some other reason they believe they can't safely be in their home.

Drug and Poison

513-636-5111

DPIC is a 24 hour emergency and information telephone service for anyone with concerns about poison or drugs.

Companions on a Journey - Grief Support

513-870-9108

Offers support to anyone who has suffered death of a loved one.

Fernside – Supporting Children and Families through Grief

513-246-9140

Offers groups to ages 3-18 who are grieving a death.

For more information visit <http://mindpeacecincinnati.com/suicide/>

Source: www.ReportingOnSuicide.com

