Suicide:

Guidance for journalists from the World Health Organization

The World Health Organization recommends that journalists:

1. Avoid sensationalism.
2. Avoid using words like "suicide," "jump," or "kill oneself.
3. Avoid showing images of suicide.
4. Avoid giving details of the method used.
5. Avoid making comments about the motive.
6. Avoid blaming others.
7. Avoid glorifying the act.
8. Avoid showing the aftermath.
9. Avoid showing the person before or after they die.
10. Avoid using phrases like "commit suicide.

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For more information:

World Health Organization
Suicide is a complex issue, often hidden and misunderstood. Suicide prevention, especially about youth, can have a range of impacts. Parents, schools, or community members should all be included in this work. Awareness of suicide risks is an important part of this process.

Consider the following:

- Suicide is not just a mental health issue. It can also be influenced by personal, social, or environmental factors.
- Suicide can affect anyone, regardless of age, gender, or race.
- It's important to take action and seek help if you or someone you know is at risk.
- There is no single cause of suicide, and it is not always easy to identify the factors that contribute to it.
- By understanding these factors, we can work towards preventing suicide and supporting those who have been affected by it.

To prevent suicide, it's important to:

- Recognize the signs of suicide risk.
- Stay connected and engaged with others.
- Seek help and support when needed.

If you or someone you know is at risk of suicide, please reach out for help. There are many resources available to support individuals and families during challenging times.