

Checklist for Reporting on Suicide

DO's	DON'Ts
 Provide help-seeking information (e.g., phone numbers of suicide prevention helplines)	 Avoid criminalizing language that associates suicide as a crime or a sin (e.g., “commit suicide”)
 Ensure the help-seeking information provided is up-to-date and operational (i.e., within the state and is a working phone number)	 Avoid attention grabbing headlines which highlight or sensationalise the suicide (e.g., “Man jumps to death on testing positive for Covid-19”)
 Draw the link between the suicide and the person's struggle with mental illness (if applicable)	 Avoid using sensationalising or glamourising language in the article for effect or that is intended to shock
 Draw the link between the suicide and the person's struggle with alcohol and drug abuse (if applicable)	 Avoid mentioning the method of suicide . However, if method is described, avoid mentioning any additional details (e.g., “Hanged herself from the ceiling fan using a dupatta”)
 Include comments from a mental health professional or suicide prevention expert.	 Avoid disclosing details of the site or location of the suicide (e.g., “jumped off Nyalí bridge into Indian ocean”)
 Reinforce the false nature of myths around suicide (e.g., “talking about suicide will lead to the person taking their life”, “there are preceding warning signs to a suicide”)	 Avoid attributing the cause of death to a single reason or factor
 Highlight that suicides are preventable and reduce stigma by encouraging individuals to talk about their suicide thoughts and mental health concerns	 Avoid carrying photos of the deceased , grieving persons or the suicide site
 Incorporate credible population level statistics on suicide and other research findings	 Avoid providing information on grieving persons , if carrying such information seek consent
 Provide links to hopeful stories of individuals who have overcome suicidal thoughts and behaviours	 Avoid publishing the suicide note , texts or social media of the deceased
 Report information and facts verified from official source	 Avoid publishing the article on the front page