



for help. Include “Warning Signs and What to Do” (below) in your article if possible.

- Suicide risk factors are the experiences, events or conditions that research has linked to suicidal behaviour within a population. This means that the lives of people who have died by suicide are more likely to share certain characteristics. These risk factors, such as experiencing childhood violence, are not necessarily “causes”.
- Suicide protective factors include the ability to cope with acute stress, mental wellness, and living in a safe and supportive environment. Protective factors buffer against suicide risk.
- Include stories of hope and recovery, information on how to overcome suicidal thoughts, and increase coping skills.
- When possible, use “trigger warnings” when and if the content will be very emotional; warn your audience ahead of time
- Familiarize yourself with [suicide warnings](#) and [risk factors](#), the language of suicide to help inform readers and reduce the risk of suicide. Seek advice from suicide prevention experts.
- Always refer your audience to community supports and/or crisis lines such as the Nunavut Kamatsiaqtut Helpline at 1-800-265-3333.

Many organizations have developed media guidelines for reporting on suicide, which in the age of social media is more broadly applicable. Please refer to the links below for more information.

We do ask that these guidelines are respected for the safety of suicide survivors and others.

**Additional Resources:**

<http://www.poynter.org/tag/covering-suicide/>

<http://reportingonsuicide.org/>

<http://www.cbc.ca/radio/thecurrent/covering-suicide-in-the-media-1.1719976>

<http://suicideprevention.ca/understanding/for-media/>

[http://www.who.int/mental\\_health/prevention/suicide/resource\\_media.pdf](http://www.who.int/mental_health/prevention/suicide/resource_media.pdf)

<https://sites.google.com/a/journalismforum.ca/mindset-mediaguide-ca/mindset-download>

<https://sites.google.com/a/journalismforum.ca/mindset-mediaguide-ca/new-chapter-download>

Special thanks to Inuit Tapirit Kanatami and the Organization for Reporting On Suicide for their content.

### ***Warning Signs of Suicide***

- 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 to others\*
- There is also the less obvious talk like “you might not find me here tomorrow”.
- Jokes about death
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge\*
- Displaying extreme mood swings

The more of these signs a person shows, the greater the risk. Warning signs are associated with suicide but may not be what causes a suicide.

\* or posting on social media

### ***What To Do***

If someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs, belts, or sharp objects that could be used in a suicide attempt
- Call Kamatsiaqtut Helpline at 1-800-265-3333 or the Hope for Wellness Helpline at 1-855-242-3310.
- Take the person to the health centre, emergency room or seek help from a medical or mental health professional