

Media alert

Please cascade to all media staff

11 December 2019

***Mindframe* advice for the safe reporting of abusive mail to farmers in NSW**

Mindframe encourages Australian media to remain responsible in its coverage of the abusive letters that have been sent to farmers in rural NSW.

Several residents in the state's Central Western region including Dubbo, Walgett, Gilgandra and Peak Hill are reported as having received the disturbing notes over the last month.

Some media outlets may have already covered this story yesterday and today and, while we understand this is an issue of public interest, we ask all media to:

- Be sensitive to vulnerable rural communities; many are experiencing the impact of prolonged drought and/or affected by recent bushfires.
- Avoid focussing on the content of the letter(s) or sensationalising it.
- Promote and encourage help-seeking.

Help-seeking information

Please encourage community members to reach out for support and talk to someone if they need it, and ensure they have information available regarding where they can access support. Support and care for letter recipients and their local communities is paramount.

Information on [help-seeking](#) is included below.

**Support services****Adult**

Lifeline: [13 11 14](tel:131114)

lifeline.org.au

Suicide Call Back Service: [1300 659 467](tel:1300659467)

suicidecallbackservice.org.au

Beyond Blue: [1300 224 636](tel:1300224636)

beyondblue.org.au/forums

MensLine Australia: [1300 789 978](tel:1300789978)

mensline.org.au

Rural

NSW Mental Health Line:

[1800 011 511](tel:1800011511)

RAMHP: www.ramhp.com.au

The Centre for Rural and

Remote Mental Health:

crrmh.com.au

Kids Helpline: [1800 551 800](tel:1800551800)

kidshelpline.com.au

Other resources

Life in Mind: suicide prevention portal

lifeinmindaustralia.com.au

Head to Health: mental health portal

headtohealth.gov.au

Primary Health Networks:

lifeinmindaustralia.com.au/PHNs

SANE: online forums saneforums.org



EVERYMIND



Mindframe



mindframe.org.au



Rural Adversity Mental Health Program (RAMHP)

In conjunction with the Centre for Rural and Remote Mental Health, *Mindframe* provides the following information to media about the Rural Adversity Mental Health Program (RAMHP) as a potential source of further information and support for putting together stories around this issue. RAMHP details can also be promoted as a main contact point for communities in NSW.



RAMHP has 19 Coordinators based across NSW who inform, train and connect individuals, communities and workplaces with appropriate services and programs.

RAMHP responds in times of severe adversity, such as drought and bushfires; and partners with services and organisations in NSW to increase RAMHP's impact in rural communities.

In 2018 RAMHP helped 3,385 people to find the right type of mental health support and trained 9,998 people to look after their own mental health and to support others.

For more information and to find a local RAMHP Coordinator in your area, visit our website at www.ramhp.com.au

Please note that RAMHP Coordinators can be contacted regarding non-crisis situations during business hours only.

Media self-care

To support media professionals *Mindframe*, in consultation with the [DART Centre Asia Pacific](#), has developed [self-care resources](#) for journalists and media professionals reporting on high profile incidents.



Self-care for journalists

Every person will have an individual trauma response based on the type and severity of the experience, their age, gender, resilience and other psychosocial factors.

Warning signs for seeking professional assistance may include:

-  Being unable to handle the intense feelings or physical sensations
-  Feeling numb and empty
-  Continuing to experience strong distressing emotions
-  Continuing to have physical symptoms of being tense, agitated and on edge
-  Continuing to have disturbed sleep and/or nightmares
-  Having no-one to support you and with whom you can share your feelings and emotions
-  Having relationship problems with friends, family and colleagues
-  Increasing your use of alcohol or drugs.

The *Mindframe* project team

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