

News Reporting and Mental Health 媒體報道與精神健康

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The media is a key source of information about mental illness for the public

傳媒是公眾獲取精神疾病資訊的關鍵來源

Media coverage can also influence public attitudes and perceptions of mental illness

媒體報道也會影響公眾對精神疾病的態度和觀感

Good reports on mental illness are **responsible, accurate and balanced**

良好的媒體報道應該是**負責任、準確和平衡**

Inaccurate or exaggerating news reporting will increase stigma and discrimination against people with mental illness

不實或嘩眾取寵的媒體報道會增加公眾對精神疾病患者的污名及歧視

The Sun's Front Page on 7 October 2013

英國《太陽報》
2013年10月7日
頭版頭條



Researchers interviewed a random sample of 361 people with severe mental illness in London and conducted in-depth interviews with 81 people with mental health problems who had been victims of crime during the last 3 years.

The study found that:

- People with severe mental illness were 3 times more likely to be a victim of any crime than those without.
- People with severe mental illness were 5 times more likely to experience assault than those without.
- Women with severe mental illness were 10 times more likely to experience assault than those without.
- Nearly 45% of people with severe mental illness reported experiencing crime in the last year
- 62% of women with severe mental illness reported being victims of sexual violence as adults.
- People with severe mental illness were 7 times more likely to experience 3 or more different types of crime in a year than the general population.
- People with severe mental illness were significantly more likely to report the police had been unfair or disrespectful compared to the general population.

Hong Kong
Daily News
2 Dec. 2012
香港《新報》
2012年12月2日
封面頭條新聞



General Principles: Reporting Mental illness 精神健康報道原則

- **Accuracy:** based on facts and up-to-date information from experts

力求準確: 基於事實和專家提供的最新資訊

- **Minimise Harm:** reduce the risk of hurt to anyone by the reporting

縮小傷害: 儘量減少有關報道對任何人的進一步傷害

- **Privacy:** potential consequence on their health, safety and livelihood

保護私隱: 對有關人士的健康、安全和生活可能造成的騷擾和影響

- **Language:** Don't use negative terms or victimizing language

慎用語言: 不要使用負面或者令人受到傷害的語言

- **Help and Support:** Always include contact detail of support service

幫助支持: 永遠在報道中包括提供服務和支持的機構資料和聯絡方式

精神健康瀕爆煲

75%港人抑鬱
自殺風險指數『極高』

抑鬱症主要症狀

- 情緒低落、煩躁、容易發怒
- 失去對事物、活動的興趣、抑鬱、打不起精神或以往喜愛活動
- 食慾不振、暴食或體重驟降
- 疲憊入睡、拒絕起床、早晨醒來困難
- 行動變慢或顯得行為表現比平時遲鈍
- 感到疲累乏力或無精打采
- 專注力下降、失去學習動機
- 容易過份內疚、自責或覺得無人喜歡自己
- 反覆有死亡、自念或想、寫遺書或把自已最愛的物件送給別人

食慾不振、失眠、肌肉痠痛要小心

家醫館社會工作顧問黃文輝表示，疫情打亂了香港人的生活節奏和社交圈子，亦未必容易自己的好轉情緒。如連續數日或數周自己多憂鬱、睡眠不佳、出現食慾不振、失眠、肌肉痠痛等情況，應即尋求專業人士協助。如情況嚴重，應即尋求專業人士協助。如情況嚴重，應即尋求專業人士協助。如情況嚴重，應即尋求專業人士協助。

支持電話

- 香港精神健康服務中心：2382 0000
- 香港心理輔導中心：2343 2000
- 香港自殺防治中心：2389 0000
- 香港社會服務聯會：2469 1288

Editorial code of practice and guidance

Guardian News & Media

The
Guardian

N. Mental health 精神健康

Journalists should take particular care with stories about mental health. They should not mention or speculate about a person's mental health unless it is of direct relevance to a story.

記者應特別小心處理有關精神健康的報道。如非與報道內容直接相關的話，不應提及或者揣測文中人物的精神健康問題

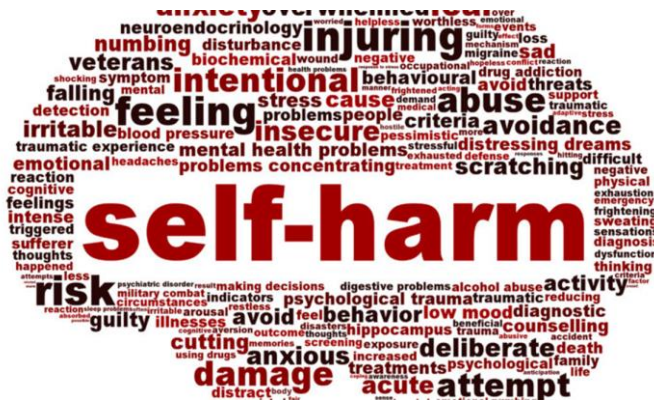
Four areas of reporting on mental health 精神健康報 道四大範疇



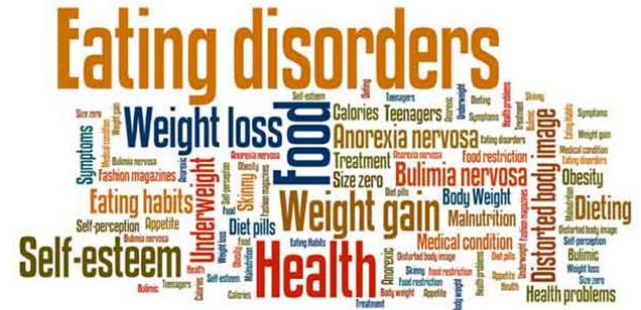
精神疾病與暴力罪案



自殺問題



自殘問題



進食失調



Guidelines on media reporting of severe mental illness in the context of violence and crime

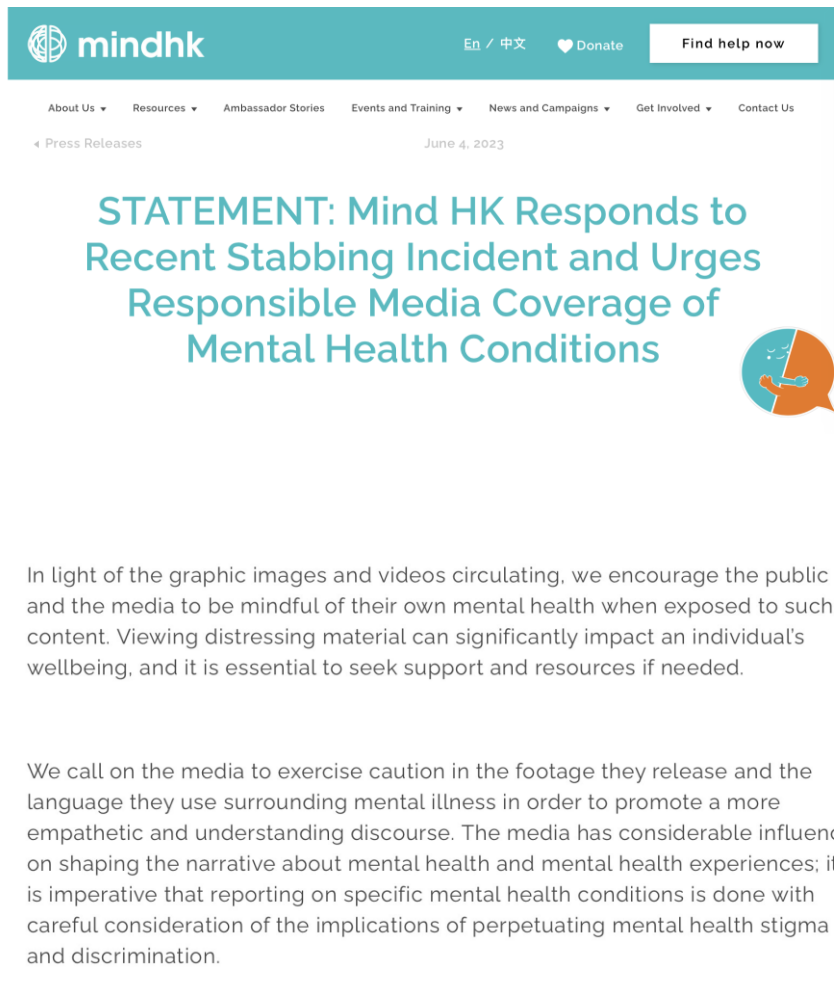


- **Don't** assume the cause of crime or violence is mental illness 不能假設暴力罪案的起因就是精神疾病
- **Don't** imply that everyone with mental illness is violent and posing threat to the public 不能暗示所有精神疾病患者都是有暴力傾向的，並會造成公眾威脅
- **Don't** attribute a mental illness to someone purely because their action are shocking 不要因為其舉止令人震驚，就歸咎為有關人士患有精神疾病

香港之前發生多起持刀斬人案 部分涉及精神病患者



有慈善機構發表聲明關注事件和媒體相關報道



The screenshot shows the English version of a press release on the Mind HK website. The header includes the Mind HK logo, navigation links for 'En / 中文', 'Donate', and 'Find help now'. A secondary navigation bar lists 'About Us', 'Resources', 'Ambassador Stories', 'Events and Training', 'News and Campaigns', 'Get Involved', and 'Contact Us'. The main content area features the title 'STATEMENT: Mind HK Responds to Recent Stabbing Incident and Urges Responsible Media Coverage of Mental Health Conditions' dated June 4, 2023. The text discusses the impact of graphic media on mental health and calls for responsible reporting.

mindhk En / 中文 Donate Find help now

About Us Resources Ambassador Stories Events and Training News and Campaigns Get Involved Contact Us

Press Releases June 4, 2023

STATEMENT: Mind HK Responds to Recent Stabbing Incident and Urges Responsible Media Coverage of Mental Health Conditions

In light of the graphic images and videos circulating, we encourage the public and the media to be mindful of their own mental health when exposed to such content. Viewing distressing material can significantly impact an individual's wellbeing, and it is essential to seek support and resources if needed.

We call on the media to exercise caution in the footage they release and the language they use surrounding mental illness in order to promote a more empathetic and understanding discourse. The media has considerable influence on shaping the narrative about mental health and mental health experiences; it is imperative that reporting on specific mental health conditions is done with careful consideration of the implications of perpetuating mental health stigma and discrimination.



The screenshot shows the Chinese version of the same press release on the Mind HK website. The header includes the Mind HK logo, navigation links for 'En / 中文', '捐款支持', and '我現在需要幫助'. A secondary navigation bar lists '關於我們', '資源站', '大使故事', '活動與培訓', '最新消息及活動', '加入我們', and '聯絡我們'. The main content area features the title '香港心聆新聞稿 香港心聆就鑽石山不幸事件回應並呼籲傳媒正確報導精神健康問題的責任' dated 6月4, 2023. The text discusses the impact of graphic media on mental health and calls for responsible reporting.

mindhk En / 中文 捐款支持 我現在需要幫助

關於我們 資源站 大使故事 活動與培訓 最新消息及活動 加入我們 聯絡我們

最新消息 6月4, 2023

香港心聆新聞稿 香港心聆就鑽石山不幸事件回應並呼籲傳媒正確報導精神健康問題的責任

鑒於媒體流傳的圖像和視頻內容，我們呼籲公眾在接觸此類內容時要留意自己的心理健康。不斷接觸令人不安的資訊可能對個人的身心健康產生負面影響。如有需要，請尋求支援和資源來照顧自己。

媒體在報道相關新聞時，其敘事手法對大眾的心理健康具有相當大的影響力，我們呼籲媒體須謹慎發佈相關視訊和描述與精神疾病的措辭，必須充分考慮其報道有否加劇對特定精神疾病的污名和歧視，並考慮以促進同理心和理解的用詞。

Edit history

2 June at 20:59

80 reactions on this version

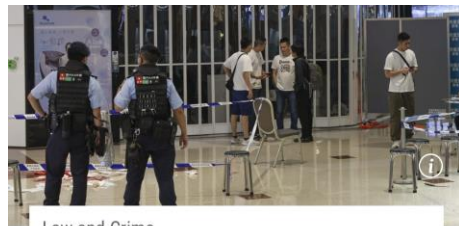
香港文匯報

【荷里活廣場發生恐怖斬人案 男凶手連斬30多刀 兩女傷重不治】

鑽石山荷里活廣場今日傍晚約5時許發生恐怖斬人案，兩名被斬女子傷重不治。警方起初將案件列為傷人案，其後改列為謀殺。

● 消息指兇手與其中1名女死者為夫婦

事發於商場3樓近戲院位置，當時商場人流湧湧，兩名女子遭1名男子持刀追斬，雙雙中刀浴血，其中一人胸口被狂插30多刀、另一人頸部中刀，同告陷入昏迷，雖然有人即場為傷者施心外壓急救，但送院後2人相繼不治。據知兩名傷者分別22歲及26歲。消息指，39歲兇手與其中1名女死者為夫婦。



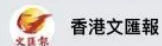
Law and Crime

Hong Kong mall murders: 2 women stabbed to death in brutal knife attack, with 'no concrete evidence' of ties between assailant, victims

- Attacker, 39, struck on third floor of Plaza Hollywood mall in Diamond Hill shortly after 5pm; two victims, aged 22 and 26, later died in hospital
- Preliminary investigation has found 'no concrete evidence' suggesting the two dead women had any ties to assailant, police say

3 June at 01:13

20 reactions on this version



【荷里活廣場發生恐怖斬人案 男凶手連斬30多刀 兩女傷重不治】

鑽石山荷里活廣場今日傍晚約5時許發生恐怖斬人案，兩名被斬女子傷重不治。警方起初將案件列為傷人案，其後改列為謀殺。

● 一人胸口被狂插30多刀

事發於商場3樓近戲院位置，當時商場人流湧湧，兩名女子遭1名男子持刀追斬，雙雙中刀浴血，其中一人胸口被狂插30多刀、另一人頸部中刀，同告陷入昏迷，雖然有人即場為傷者施心外壓急救，但送院後2人相繼不治。據知兩名傷者分別22歲及26歲。

商場隨機斬人 兇手臨近覆診

死者 方曉彤 死者 劉繼禧

同性密友死得冤枉

陰霾處處全城恐慌

新聞

荷里活廣場謀殺案

光頭疑兇身世曝光

3年前因襲擊家人 確診精神分裂症

新年後情緒變得暴躁、孤僻

星島頭條 荷里活廣場兇案

疑兇隱蔽10年 曾還押小欖

父：子平日正常相處融洽 目前全家非常傷心



Media reports on Hong Kong mall stabings 部分香港傳媒報道

Reporting on
Suicide

報導自殺事件



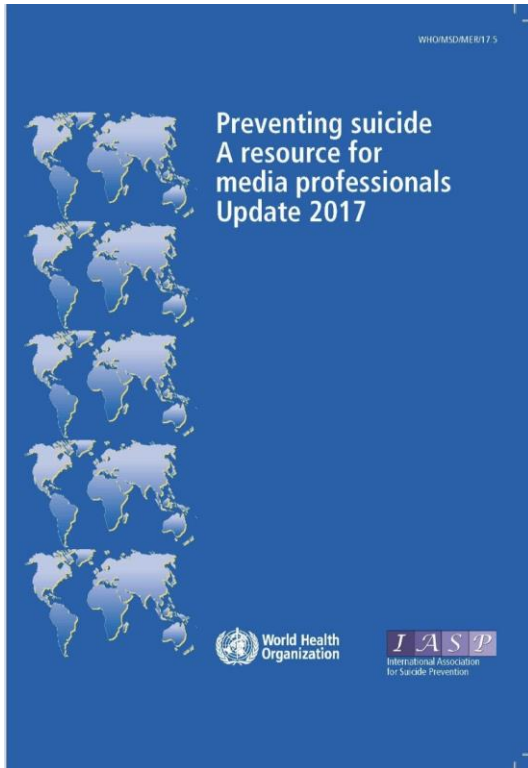
World Health
Organization

“Vulnerable individuals are at the risk of engaging in imitative behaviours following media reports of suicide, particularly if the coverage is extensive, prominent, sensationalist and/or explicitly describes the method of suicide”
媒體有關自殺事件的報道，可能會導致一些意志薄弱者加以模仿，尤其是有關報道內容詳盡、高調、聳人聽聞，或者露骨地描述了自殺方式

“Responsible reporting may help educate the public about suicide and its prevention, may encourage those at risk of suicide to take alternative actions and may inspire a more open and hopeful dialogue in general”

負責任的報道有助於教育公眾有關自殺及防止自殺的問題，鼓勵那些有自殺風險的人士作出不同的行爲，並促進更公開和有希望的對話

WHO's guidelines for media professionals on the coverage of suicide 世衛媒體報道指引- 六要和六不要



Tips for responsible reporting about suicide

What to do

- Do provide accurate information about where to seek help.
- Do educate the public about the facts of suicide and suicide prevention, without spreading myths.
- Do write about how to cope with life stressors or suicidal thoughts, and include information about how and where to get help.
- Do apply particular caution when reporting on celebrity suicides.
- Do show compassion when interviewing bereaved family or friends.
- Do recognize that you yourself may be affected when reporting on suicide.

What NOT to do

- Don't place stories about suicide in prominent positions in newspapers and on websites and don't unduly repeat stories about suicide.
 - Don't use sensational headlines.
 - Don't use language which sensationalizes or normalizes suicide, or presents it as a constructive solution to problems.
 - Don't explicitly describe the method used.
 - Don't provide details about the site/location.
 - Don't use photographs, video footage or social media links that relate to the circumstances of the suicide.
- Be careful with the language you use.

Language Dos and Don'ts

- Do use "die by suicide" or "take one's own life".
- Don't use "commit suicide" or "complete suicide", as it implies criminality or a success respectively.
- Do use "suicide attempt" or "suicide" or "death by suicide".
- Don't use "a successful suicide attempt" or "an unsuccessful, or failed, suicide attempt".

六要 (WHAT TO DO) :

- 要提供有關尋求協助的準確信息
- 要教育公眾有關自殺及防止自殺的事實，不要傳播神話
- 要包括應對壓力和自殺念頭的方法，以及尋求幫助的方式
- 要格外小心處理名人自殺事件
- 在採訪死者親友時，要表現出同情心
- 要認識到你自己在報導新聞的同時也會受到影響

六不要 (WHAT NOT TO DO) :

- 不要將有關自殺的報道放置在顯眼位置，而且不要過多重複報道
- 不要使用使自殺聳人聽聞或習以為常的語言，並提出解決問題方法
- 不要詳細描述自殺方式
- 不要提供自殺現場/地點的詳細資料
- 不要使用聳人聽聞的新聞標題
- 不要使用展示自殺現場的圖片、視像或數碼媒體鏈接

THE Sun JUST 40c
 Wednesday, August 13, 2014 THE PEOPLE'S PAPER thesun.co.uk

WIN SAMSUNG GALAXY S5 EVERY HOUR
 £500,000 DREAM TEAM
 FANTASY FOOTBALL
 FREE INSIDE

DEATH OF A HOLLYWOOD LEGEND

ROBIN: HIS FINAL HOURS

Visit to AA before suicide
 Hanged on bedroom chair
 Knife and blood by body

WORK PAGES 4-9

DAILY Mirror WEDNESDAY AUGUST 13, 2014 95p

FANTASY FOOTBALL
 Play for FREE to win BIG money prizes
 mirror.co.uk/fantasyfootball

MOVIE LEGEND'S SHOCK SUICIDE

TORTURED

» Star Robin hanged himself when money worries pushed him to despair

» He was so desperate he took roles he didn't want to pay the bills

» Two failed marriages cost him £20million, his luxury ranch and vineyard

FOR SALE: Robin's £20million ranch

ROBIN WITH HIS DAUGHTER ZAHLE

ROBIN Williams hanged himself after two divorces cost him £20million and sparked depression, it was claimed last night.

The star had put his ranch up for sale and bank borrowed 20 million to raise cash. A friend said "Robin had serious money problems". Barack Obama led the tributes, the star "He was one of a kind."

PAUL BYRNE

DAILY Mail WEDNESDAY, AUGUST 13, 2014 www.dailymail.co.uk 60p

FREE THREE GERBERA PLANTS WORTH £26.87 SEE PAGE 42

As haunting details of his final night are revealed, did money troubles tip comedy genius Robin Williams over the edge?

HE WAS FACING BANKRUPTCY

» Mrs Doubtfire and Good Will Hunting star was found dead at home before, when she went to sleep in a separate bedroom.

» Mrs Doubtfire and Good Will Hunting star was found dead at home before, when she went to sleep in a separate bedroom.

METRO Wednesday, August 13, 2014 The world's most popular free newspaper

ROBIN WILLIAMS 1951-2014

Agony of his final hours revealed

» He went to bed alone, slashed wrists then hanged himself

ROBIN WILLIAMS slashed his wrists before hanging himself, investigators revealed last night.

The Oscar-winning actor was found by his personal assistant with a belt around his neck and a blood-soaked knife nearby, Mrs Boyd would not reveal whether any suicide note had been left, but said there was no sign of a struggle. He added that it was too early to say whether chemical substances were present in Williams' body at an autopsy, tests would take several weeks to come through.

But investigators said they believed he died from asphyxia due to hanging.

The actor, who had been treated recently for depression, was last seen by his wife, Susan Schneider, when she went to bed at 10.30pm on Sunday.

Williams went to a separate bedroom where Mrs Boyd and baby's had any contact with his wife before she left their home in Thousand Oaks, California, to run some errands at 10.30pm on Sunday.

TURN TO PAGE 2 >>>

» £17m divorce payouts PAGE 2 >>> » World tributes PAGE 3 >>> » Happy Days to an Oscar PAGES 4-5 >>>

British Newspapers' Report on the Suicide of Robin William 英國報章報道 (2014.8.13)

香港對媒體的自殺報道關注度較高

香港記者協會
HONG KONG JOURNALISTS ASSOCIATION

MENU

記協對處理自殺新聞的指引

(1). 香港近期有關自殺新聞的處理，引起社會部份人士深切關注。須要指出的是，外國學者對自殺新聞會否造成「模仿」效應仍然莫衷一是，有研究指出，報道這類案件可能引起「模仿」效應，誘使更多人選擇以自殺方式來解決問題；但也有研究指出，自殺新聞與該類案件的多寡沒有顯著關係。

(2). 本會曾比較海外傳媒組織對自殺新聞的處理方式，發現它們各有不同。美國和加拿大的新聞界有不成熟的共識：除非自殺者是知名人士或有關個案對公眾構成重大影響，否則不會報道個別自殺案件，只報道自殺案件的總體趨勢和原因；大部份國家會一如英國和澳洲般，不對自殺新聞的處理作出規限，不過，當地傳媒報道這類新聞時會有一定程度的自我約制，盡可能避免產生「模仿」效應。



二十年來香港報章報道自殺新聞的手法和轉變

陳詠欣 香港中文大學新聞與傳播學院畢業生
蘇鎔機 香港中文大學新聞與傳播學院教授

2019-07-02

媒介評論

自殺是香港及全世界其中一個常見死因，香港的自殺率及本地報章報道自殺新聞的數目近年均有下降趨勢，但亦有批評指責報章過度報道學生自殺，自殺新聞不時出現在香港傳媒，遠高於外國傳媒的報道比例。

傳媒在報道自殺新聞時，均有不同的考慮因素，其中一項因素是案件的新聞價值。傳媒或會增加大眾對某種自殺方法的好奇或興趣，如果報紙集中報道某種自殺方法，而報道的篇幅較大，自殺傳染效果亦會較大。傳媒傾向報道較特別的自殺方法，在傳媒的曝光率較實際比例高。在傳媒眼中，嶄新的自殺手法較有新聞價值，故報道亦較顯著，如果傳媒在某段時間集中報道某種前所未見的自殺方法，以該種方法自殺的人數可能會增加。

報章之間的報道手法會互相影響。如果有某些報章頻繁地報道自殺，其餘報章隨後亦會增加自殺報道的數目；如果有報章以較煽情的手法報道自殺，亦會影響其餘報章在處理自殺新聞時的行文風格。世界衛生組織在2000年就自殺報道作出一些建議，自世衛指引推出後，不少國家亦意識到自殺報道會出現傳染效應。2013年香港報業評議會亦發佈《處理自殺新聞守則》，希望傳媒能避免以煽情的手法報道自殺事件。



自殺報道的整體趨勢

整體而言，在1998至2018年間，報章報道自殺的數目明顯下降，與真實自殺個案數目下降的趨勢相符，而自殺報道的跌幅遠高於真實自殺個案的跌幅。但另一方面，在2003至2004年間，真實自殺數目上升了10%，報道數目卻下降了22%。在2004至2005年，真實自殺數目下降26%，報道數目反而上升了11%。自殺報道的數目升跌，並不完全反映真實自殺數字的變化。

報章會選擇性報道一些被視為新聞價值較高的自殺事件。報章較著重報道年輕人的自殺行為，30歲以下的自殺個案佔整體報道約25%。在2003至2017年間，30歲以下的自殺報道，比例更由25%上升至32%。惟死因庭資料顯示，在同期30歲以下的自殺個案，佔整體比例維持在約15%。60歲以上的自殺個案佔整體報道比例不足15%，同期的自殺報道比例更由20%持續下跌至5%。然而根據死因庭資料，60歲以上的自殺個案由27%持續上升至40%。可見傳媒忽視老人自殺，反而過度報道年輕人的個案。

大眾化報章刊登的自殺報道數目最多，有逾六成報道是來自大眾化報章。在12份本地中文收費報章中，有5份是大眾化報章，它們將自殺報道刊登在頭版及重要版面的比例較高，自殺新聞數目亦較多。然而隨著免費報紙加入市場，加上網上即時新聞迅速發展，傳統本地收費報章的經營愈來愈困難，近年有收費報章相繼停刊，這可能是在2015至2018年間，自殺死亡報道數目顯著下降的一些原因，數據似乎能夠支持假設四。

報道著重描述死者背景

世衛有關傳媒報道自殺新聞的建議中提到，傳媒不應強調死者的身分及個人特質。整體而言，有逾四成香港的報道有提及死者的個人職業，當中以無業者佔最多數；亦有兩成半的報章在標題明確描述死者的個人背景，當中最多的是指出死者患病、年老或欠債。

如果死者是警員，所有報章都會在報道標題上強調死者的身分。警員自殺的報道篇幅較長，比其他自殺死者（包括囚犯、患者、老人及欠債者）的字數為多。如果死者的背景較特別，即使並非名人或明星，也會被多份報章報道，反映本地報章為了增加報道的可讀性，過份著重描述與公眾利益無關的死者資料，容易令讀者對死者產生主觀的判斷。如果這些資料是負面的話，例如欠債、出軌等，讀者更可能對死者有所責備，同樣是違反了世衛對傳媒報道自殺事件時的建議。

傾向報道特別的自殺方法

報章會選擇性報道較為特別的自殺方法，包括通電自殺、飲通渠水及服健身禁藥。如果出現嶄新的自殺方式如使用氫氣，大部份報章都會詳細報道其方法及自殺過程。當傳媒增加了大眾對罕見自殺方法的認識、間接令以相關手法自殺的數目增加後，傳媒便會減少報道該種自殺手法。

例如在1998年，香港發生被視為全世界首宗燒炭自殺的個案。當時被傳媒廣泛報道，其後更成為香港最常見的自殺方法。近年傳媒報道燒炭自殺的數目大幅下降，除了是因為真實的燒炭自殺個案減少，亦因為燒炭自殺變得普遍，除非死者有特別背景，事件的新聞價值亦大不如前。



Pop diva Coco Lee dies at 48 following battle with depression

CoCo Lee, iconic Hong Kong singer and 'Mulan' voice actress, dies at 48

By Jennifer Hauser and Jessie Young, CNN
Updated 2:15 AM EDT, Thu July 6, 2023



Coco Lee, 'Crouching Tiger' and 'Mulan' Singer, Dies at 48

A pop star across Asia by her early 20s, Ms. Lee reached international recognition with an Oscar-nominated song in 2001.



Music

Hong Kong-born singer Coco Lee dies by suicide aged 48, siblings confirm

The singer was known for voicing Mulan in the Mandarin version and becoming the first Chinese American to perform at the Oscars

Singer Coco Lee dies by suicide at 48, her siblings say

Lee was the voice of Fa Mulan in the Mandarin version of Disney's "Mulan" and sang the Mandarin version of the movie's theme song, "Reflection."

An illustration of a woman with long dark hair, wearing a dark blue dress, sitting on the floor with her head buried in her hands, appearing distressed or sad. She is surrounded by several hands holding red smartphones, suggesting a connection to social media. The background is a light blue color.

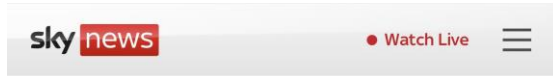
Potential Negative Effect of Social Media

社交媒體的潛在負面影響

Multiple studies have found a strong link between heavy social media and an increased risk for depression, anxiety, loneliness, self-harm, and even suicidal thoughts

多項研究結果顯示，過度使用社交媒體，與抑鬱、焦慮、孤獨感、自殘甚至自殺念頭等風險的增加相關

The inquest findings in the UK last year



Molly Russell inquest:
Schoolgirl, 14, died by self-harm while suffering 'negative effects of online content', coroner finds

Coroner Andrew Walker told the inquest he did not believe it was safe to rule the teenager's death a suicide.

Friday 30 September 2022 18:47, UK



“Molly Rose Russell died from an act of self-harm whilst suffering from depression and the negative effects of online content” - Coroner Andrew Walker



The bill requires all tech firms within its scope – services that publish user-generated content from Facebook to TikTok, plus search engines – to protect children from harmful content and activity that causes harm

去年9月，英國死因法庭法官裁決，14歲女學童羅素死於自殘。她生前患有抑鬱症，並受到了網絡內容的負面影響

Samaritans: Guidance for covering self-harm in media 自殘事件媒體報道指南

Guidance for covering self-harm in the media

SAMARITANS

Best practice for reporting on self-harm

- Self-harming behaviour should never be presented as a solution to problems. Nor should coverage of self-harm give the impression that many young people are doing it, or suggest that it is a normal reaction to emotional distress.
- Describing self-harming as a 'coping mechanism' may promote this perception to younger people, so please pay particular attention when covering the underlying reasons for self-harm.
- Avoid over-reporting of self-harm. Media coverage may contribute to the normalisation of self-harm if it is portrayed as a common or effective way to cope with emotional distress, or if the coverage is excessive.
- Don't refer to an incidence of self-harm as a 'failed suicide attempt'. The link between self-harm and suicide is very complex and the intent behind an incidence of self-harm is not always clear. While self-harm can be potentially life-threatening or even fatal, this does not mean the intent was to die.
- Avoid coverage that in any way glamourises self-harm. This may encourage others to start or continue to self-harm.
- Aim for sensitive, informed reporting that addresses a range of issues that may underlie self-harm. This can help to avoid reinforcing stereotypes about self-harming behaviour and encourage people to seek help.
- Don't use images of self-harm as this may trigger a desire to self-harm.
- Include positive messages whenever possible, for instance where people have found other, safer ways of coping with their problems or were able to move on from self-harming behaviour.

- Coverage of self-harm by celebrities may unintentionally glamourise the behaviour. Avoid placing these stories too prominently and take extra care when writing headlines, avoiding emotive or sensational language. Include as much factual information as possible about the causes and triggers underlying self-harm.
- If using case studies to illustrate a report, avoid featuring young people who are still self-harming or have recently self-harmed and may still be vulnerable. It is safer to include people who have not self-harmed for several years. Always take care to ensure that they clearly understand that what they say will be published or broadcast and could affect others or themselves. Always check that interviewees have a good support network and are aware of contacts for help organisations.
- Avoid opening up stories about self-harm for online comments. Some individuals may use comment sections to share their own experiences of self-harm, these may include graphic, unhelpful content which could be harmful to others.

Benefits of sensitive reporting

Responsible reporting of self-harm can educate the wider public about the behaviour, highlighting its importance as a public health issue and potentially assist with prevention efforts by encouraging people to seek help.

Include positive messages of recovery whenever possible, for instance where people have found alternative safe ways to cope with their problems, or were able to move on from self-harming behaviour.

- 絕不能將自殘行為作為解決問題的方式進行報道
- 避免過多報道自殘事件
- 不要將自殘行為形容為未遂自殺
- 不要在報道中美化自殘行為
- 試圖反映自殘行為背後的多種問題
- 不要展示自殘行為的圖像
- 盡量在報道中涵蓋正面資訊
- 不要將名人自殘新聞放置顯著位置
- 避免使用仍有自殘行為年輕人作為案例
- 不要開放有關自殘新聞的網上討論區

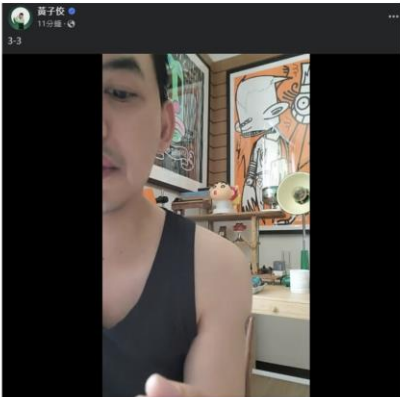
台灣媒體報道藝人黃子佼被指性侵後自殘入院事件

即時 政治 國際 兩岸 產經 證券

黃子佼涉性騷臉書傳影片 致歉 自殘送醫無生命危險

2023/6/19 14:12 (6/19 18:12 更新)

Like 0 播放 分享 連結 字體



女網友指控遭演藝圈前輩強吻性騷，藝人黃子佼19日在臉書承認自己是加害者並道歉。(圖取自黃子佼臉書facebook.com)

快訊／黃子佼驚爆自殘！傷勢曝光 兇器竟是這個

藝點新聞

6月19日, 2023

藝點新聞 Chloe 編輯整理



(圖 / 黃子佼 FB)

資深藝人黃子佼今日(19)錄下三段影片坦承性騷之後，隨即關閉臉書，讓大家都找不到人。知情人士表示，由於黃子佼在最後的影片中情緒不穩，並且有自暴自棄的念頭，且傳出他被老婆孟耿如緊急送醫，是因為他持利器割傷自己的手腕和胸口。

黃子佼自殘身體留2後遺症！「眾人幫排尿」：羞恥心不重要

2023/07/20 09:32

Like 0



黃子佼神隱了一個月之久，昨在臉書發出兩萬字長文，寫下他的心路歷程。(資料照)

〔娛樂頻道／綜合報導〕黃子佼神隱了一個月之久，昨(19)日在臉書發出兩萬字長文，娓娓道來他的心路歷程，內容不只提到自殘就醫的細節，其中也坦言自己生命被救回後的那12天，身體留下了2個後遺症，後來才慢慢擺脫此狀況。

中時新聞網 娛樂

黃子佼被爆性騷為何直接崩潰？ 網友分析關鍵原因：正常人都受不了

16:36 2023/06/20 | 中時新聞網 | 蘇士亨



黃子佼遭爆性騷，引發軒然大波。(圖 / 中時資料照)

金鐘主持人黃子佼爆出性騷後，火速公開道歉，並加碼爆出13個藝人黑料，接著疑似情緒崩潰輕生送醫，引發軒然大波，對此，網友就以「試問黃子佼為什麼會崩潰」為題發問，就有人點出關鍵原因強調「正常人都受不了」。

網友在PTT以「試問黃子佼為什麼會崩潰」為題發問，接著點出黃子佼崩潰的原因，主要是MeToo案件延燒一陣子，由於自己也幹過類似的事，導致一直處於很害怕的狀態，焦慮狀態久了，像他屬於高敏感型的人，就會開始胡思亂想，又不確定自己會不會被爆出來，不僅無法再相信任何事物，心裡也會處於緊繃狀態，等到過去惡行被揪出來後，就直接爆炸了，至於是否有陰謀論想靠這招挽救自己？原PO強調自己無法得知。

黃子佼遭指性騷認錯道歉卻「玉石俱焚」 精神科醫揭他背後心態

Like 0 分享

2023-06-19 17:24:57 聯合報 沈能元 / 台北即時報導、編輯室 參考整理



藝人黃子佼遭女網友控訴，曾拍攝她未成年時的裸照，黃今在臉書道歉後狀況不佳送醫，影

黃子佼直播道歉爆走 精神科醫師：人性的表現，但反應過度了

黃子佼遭網紅爆料性騷擾，他今中午開直播道歉認錯，但也爆料演藝圈多名藝人，可能不為人知的事情。精神科醫師楊聰財說，臨床上常常發生這樣的情形，多半是喝酒後情緒不穩，

香港媒體有關自殘事件的部分新聞報道

港澳新聞

字腹肌Fit到漏 娛圈單打 | 引爆核彈即和平 奧

秀茂坪13歲男生情緒激動 割手自殘 清醒送院

2022年11月25日(五) 10:04 新聞觀看次數: 9.4k

介紹 0 分享



視頻觀看次數: 7.6k



港澳新聞

秦嵐魏大勳疑同居 連體返愛巢 iPhone又

今日(25日)早上9時49分, 警方接獲秀茂坪安秀道一中學教職員報案, 指一名13歲男生上課期間, 突然情緒激動並用利器割手自殘。警員接報到場時男生情緒已回復平靜, 救護員替其包紮受傷位置後送院治理, 警員正向校方及男生家長進一步了解事件。據悉, 事主疑受家庭及學業問題困擾。

防止自殺求助熱線:

香港撒瑪利亞防止自殺會: 2389 2222

生命熱線: 2382 0000

明愛向晴軒: 18288

社會福利署: 2343 2255

撒瑪利亞會熱線(多種語言): 2896 0000

突發 · 加入自選

天水圍離奇「血案」 紋身漢自殘雙手 狂奔17層樓向保安「求救」 終涉刑毀被捕

天澤邨男子菜刀自殘雙手 狂奔17層樓向保安「求救」 惹新人驚魂

撰文: 林振華, 黎國剛
2022年10月2日 23:06
更新: 2022年10月3日 15:37



天水圍發生離奇「自殘」血案。今日(2日)晚上9時許, 天澤邨潤潤樓一名男子, 據報雙手中刀浴血, 負傷由樓上走落地下大堂向保安員求救。事隔8分鐘後, 至晚上約9時32分, 警方再接報指天澤邨發現可疑人, 有人自言自語。人員大為緊張, 趕抵後發現男事主雙手受傷, 他由救護員初步包紮後, 被送往天水圍醫院治理, 幸送院時清醒。現場所見, 大堂地上遺有血迹及染血紗布, 警方圍封現場並登樓調查。

街邊自殘 乘坐救護車

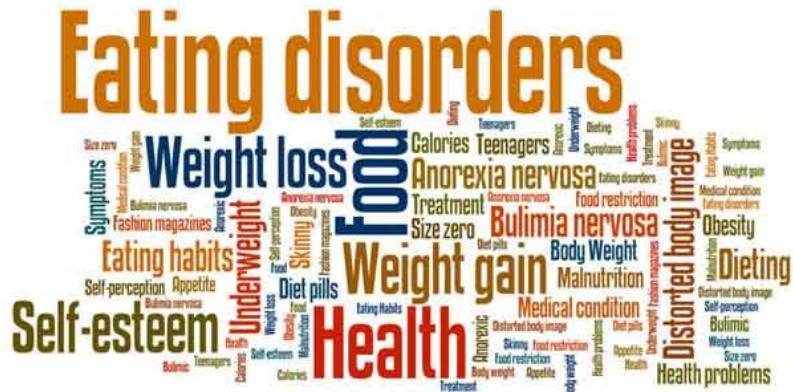
在台21歲港女 約男網友見面遭「放飛機」 精神不穩當街自殘

Topick hket.com

約男網友相認遭嫌棄 慘被「放飛機」 港女當街以利器自殘

結局竟然係咁

Covering Eating Disorder 進食失調新聞報道指引



Don't focus on graphic images or descriptions that depict bodies of eating disorder sufferers
不要聚焦患者照片和體重描述

Don't play the numbers game
不要玩數字遊戲

Don't mention a person's current or past weight
不要描述現在或過去體重

Don't give out too much detail
不要過於詳細描述

Demonstrate empathy and sympathy
展示同理心和同情心

Don't focus on weight loss as a measure of "recovery"
不將體重下降作為康復標準

Don't use terms deemed to be offensive or discriminatory
不要使用冒犯或歧視言辭

Watch out for the appearance-ideal
避免提到理想體型

Offer information on help and support
提供支持 and 協助資訊



今周刊

熱門：房價 遺產稅 fed升息 006208 美元

1次吃完15人份壽司！30歲大胃王女星驚傳過世，曾厭食症纏身...友慟：她已經在天堂吃吃喝喝了

中時新聞網 娛樂

30歲大胃女星過世 患厭食症 又肝病昔拍暴瘦照惹心疼

10:11 2023/07/30 | 中時新聞網 | 周郁蘋

大胃高橋知成驚傳過世，享年30歲。（圖 / 高橋知成 Instagram）

星島日報

「去拍戲演喪屍吧」 醫生一句救活38磅厭食症俄女

2018-09-21 11:23

Facebook Twitter Email

俄羅斯一名成年女子體重僅剩38磅，骨瘦如柴，面如枯骨。醫生為了治好她而用激將法故意問她，「是否想過直接到恐怖片裏扮演一個角色，比如喪屍。」

據外媒報道，這名女子名叫卡里亞金娜（Kristina Karyagina），來自俄羅斯的巴爾瑙爾（Barnaul），現年26歲。她患有厭食症，從讀高中開始拒絕吃東西。從那時開始，她只吃小片蘋果和香蕉，也因此變得暴瘦，目前只有38磅（17公斤），相當於4歲孩子的水平。這也對她的內臟器官造成很大損傷，如果得不到治療，那麼她會在一年內死去。有專家警告說，治癒的唯一方法就是要學會自嘲。

港台媒體有關進食失調的報導摘錄

有關香港藝人進食失調新聞的媒體報道

港星袁潔瑩罹患厭食憂鬱症 47歲沒人敢娶

2017/04/18 11:54

Like 0



在《開心鬼》系列電影，袁潔瑩留著俏麗短髮。（翻攝自網路）

〔娛樂頻道 / 綜合報導〕當年「她」被粉絲視為比香港女星黎姿、邱淑貞還美，演技也超越林青霞，今年47歲的港星袁潔瑩，卻因罹患厭食症、憂鬱症，到現在還沒人敢娶她。

患「厭食症」暴瘦到35公斤！52歲袁潔瑩近況曝光，最美星女郎→憔悴認不出是同一人

影劇 | By 賴亭秀 報導 |

2022/08/16 17:45



52歲的香港女星袁潔瑩，在15歲的時候與羅美薇、李麗珍等人組成「開心少女組」，因為港片「開心鬼」系列爆紅，後來還與周星馳合作《鹿鼎記》，飾演「雙兒」的她，也就成為星女郎之一，淡出演藝圈多年的袁潔瑩，近期則因為和好友們聚餐，讓她久違現身在粉絲面前。



即時娛樂 · 加入自選



王君馨拍片爆患上暴食症：當時比而家肥 12-13磅

撰文：賴家杰

2021年1月4日 13:15

更新：2021年1月4日 13:35

ROJAK 咗!

王君馨患上暴食症，肥到近 60KG!!? 日日做『笑面虎』在镜头前死顶! 被网民酸到情绪失控过往好心酸...

by Rojaklah编辑部 | 2017年09月19日



Journalists could also be victims of irresponsible reporting 記者也會成爲不負責任報道的受害者



十月十日
世界精神衛生日

WORLD
MENTAL
HEALTH
DAY



營造良好環境
共助心理健康

