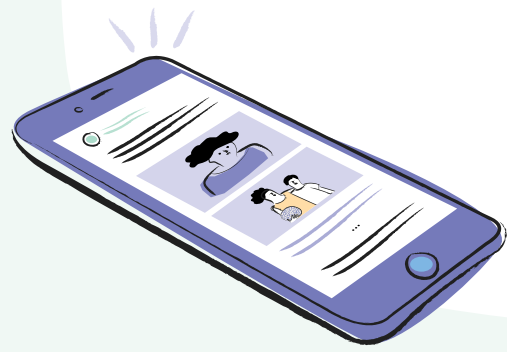


# Using social media to memorialise someone who died by suicide



It's common for people to use social media to talk about and memorialise a loved one who they've lost to suicide. Posts may announce the death of a loved one, remember the person and their life, share personal thoughts or feelings or let others know about online obituaries or funerals.

Some may involve fundraising towards funeral costs or charitable donations in the person's name. Group spaces can be a place for friends and families to share memories and exchange information and support.

**To make sure that these posts or groups are safe and respectful, and to reduce the chance of negatively impacting others, we encourage you to:**

1	<b>Get permission from the family</b> of the person who died before announcing their death on social media, if you're not personally related to them.
2	<b>Avoid sharing detailed information or images</b> about when, how, or where the person died. This kind of content can be very distressing to others and may contribute to "copycat" behaviour.
3	<b>Pause and reflect before posting.</b> Remember that many spaces on social media are public, and your content may be seen or saved by other people.
4	<b>Post and share only what you know to be true,</b> and avoid speculating about how or why the person died.
5	If you feel able, <b>correct untrue information</b> and ask others to avoid sharing misinformation or rumours.
6	<b>Be mindful of any cultural considerations</b> that relate to sharing images or information about someone who has died.
7	<b>Consider who might see your post, group or memorial site.</b> If you're a young person who has lost a friend, remember that their family may see what you post. If you're an adult who has lost a young person in your life, remember that their friends and peers are also young people, and may be struggling to process what has happened.
8	<b>Share links to helplines or support services,</b> and encourage people who have been impacted by the suicide to reach out for help if they need to. E.g. <b>Lifeline - 13 11 14, Kids Helpline - 1800 55 1800, eheadspace - <a href="https://headspace.org.au/online-and-phone-support/">headspace.org.au/online-and-phone-support/</a> or 13 YARN - 13 92 76</b>
9	<b>Monitor any memorial sites, groups or pages</b> you have created for content that may be inflammatory or potentially harmful to others. Report any unsafe content to the platform.
10	<b>If you need help managing the social media accounts of someone who has died,</b> you can use the social media platforms' help centres to find information about what to do. You might have the option to memorialise, deactivate or delete the account.



For more information, see our guidelines on safe online communication about self-harm and suicide: <https://www.orygen.org.au/chatsafe>

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