



#InThisTogether

How to talk about mental health in the media

A short introduction for journalists

Wednesday 9 October 2024, 10am to 11am

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Do you know how to talk about mental health in your reporting? Are you aware of the impact of your profession on your mental health? Do you ever notice stigma about talking about mental health problems at work or at home? Have you seen discrimination against someone with a mental health issue?

This webinar will introduce you to mental health specialists explaining modern approaches and understanding of mental health, the causes and effects of stigma and discrimination, and your role as a journalist in overcoming both. By the end of this session, you should feel better equipped to talk about and report on mental health issues.

Moderator: Laura Shields, [Red Thread EU](#)

1. Welcome

Welcome and housekeeping

2. Introduction

Speaker: Antonio PARENTI, Director, SANTE.B 'Public health, Cancer and Health security'

3. Defining Mental health, stigma, and discrimination

Speaker: Alexandra Latham, Communications Manager, [Mental Health Europe](#)

We all have it, but what is it? A short introduction to a modern (psychosocial) approach and understanding of mental health. What is the difference between stigma & discrimination? What is the cause and effect?

4. My story, our profession

Speaker: Mar Cabra, [The Self Investigation Foundation](#)

The lived experience of a journalist who has experienced mental health issues. Their experiences with stigma and discrimination, recovery, and how it has changed the way they report on mental health

5. How to get it right

Speakers:

Guadalupe Morales, Vice president, [ENUSP \(European Network of \(Ex-\)Users & Survivors of Psychiatry\)](#)

Sue Baker OBE, Director, [Changing Minds Globally](#)

Part one: The words we use

Disorder, crazy, distress, vibes... The words we use to talk about mental health are changing as our understanding of mental health grows. The trends are also increasingly influenced by online culture and gen Z's interest in the topic. But what are the right words to use?

Part two: responsible reporting

Creating exciting and engaging copy without sensationalising, and how to avoid harm.

6. Questions and answers, conclusions from moderator