

香港心聆媒體指引： 對於精神健康狀況困擾的報導

Mind HK Media Guidelines: Reporting on Mental Health Conditions

摘要版
SUMMARY VERSION

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「經歷精神健康困擾的人並不可怕。可怕的是
社會對他們作出的評論。」

——心聆大使 Bosco

*"People experiencing mental health problems are not scary. It is the
comments made about them by the community that are."*

- Bosco, Mind HK Ambassador

詞彙表 Glossary

精神健康
Mental health

一種情感、心理和社會健康上的良好狀態，使個人能夠應付正常的生活壓力，有效地從事工作，並能夠對其社區作出貢獻。
A state of emotional, psychological, and social wellbeing that allows an individual to effectively cope with the normal stresses of life, work productively, and contribute positively to their community.

精神健康問題
Mental health problems

與精神健康相關的困難或挑戰，可能源於多種因素，如生物學、心理或社會上的影響。這些問題可能分為從輕微到嚴重，並可能影響個人的日常運作功能。
Difficulties or challenges related to one's mental health, which may arise from various factors such as biological, psychological, or social influences. These problems can range from mild to severe and may impact a person's daily functioning.

精神健康狀況/困擾/疾病
**Mental health condition/
mental illness**

一種可被診斷的疾病，它會影響個人的思維、情感、行為或情緒，並可能導致明顯的痛苦或損傷。精神健康狀況困擾包括各種問題，從焦慮和抑鬱到精神分裂症思覺失調症和躁鬱症等。
A diagnosable disorder that affects a person's thinking, emotions, behaviour, or mood and may cause significant distress or impairment. Mental health conditions encompass a wide range of issues, from anxiety and depression to schizophrenia and bipolar disorder.

精神健康欠佳
Mental ill-health

精神健康欠佳用於描述個人精神心理健康受到負面影響時的狀態，通常是由於精神健康問題或困擾的存在所導致。
A term used to describe a state where an individual's mental health is negatively affected, often due to the presence of mental health problems or conditions.

過來人的親身經驗
Lived experience

個人通過直接體驗接觸精神健康狀況困擾所獲得的獨特見解、知識和理解，例如與之共處以及克服相關挑戰的經歷。
The personal and unique insights, knowledge, and understanding gained from an individual's direct involvement with a mental health condition, such as living with one and overcoming challenges related to it.

精神健康復元/復元
**Mental health recovery/
recovery**

一種個人成長、療癒和轉化的過程，使個人能夠在精神健康問題/困擾存在的情況下改善他們的身心靈健康，並建立有意義的生活。復元是一個獨特而個人化的旅程，通常涉及制定發展應對策略、培養能給予正面支持的關係和獲得合適的資源和治療。值得注意的是，每個人的復元過程都是不同的，並且沒有一種能適用於所有人的方法。
A process of personal growth, healing, and transformation that enables an individual to improve their wellbeing, and build a meaningful life despite the presence of mental health problems/conditions. Recovery is a unique and individual journey that often involves developing coping strategies, fostering supportive relationships, and accessing appropriate resources and treatment. It is important to note that the process of recovery is different for everyone and that there is no one-size-fits-all approach.

為何需要精神健康媒體指引

Why we need Media Guidelines

污名影響了我們對經歷精神健康問題的人的感覺和想法，繼而令我們對待他們的行為受到負面影響。

媒體在塑造精神健康的認知、態度和觀念方面發揮著重要的作用。公眾對精神健康的了解大多數都是從媒體中學習得來。不準確和帶有污名的報導會對人們造成傷害。香港心聆認為，如果媒體能夠遵循適當的精神健康和自殺報導指引，便可以在減少精神健康污名和提高公眾關注及認知方面發揮積極的作用。

Stigma informs the way we feel and think about individuals with mental health problems, which negatively impacts the way in which we behave towards them.

The media plays a significant role in shaping mental health awareness, perceptions and attitudes. Much of what the general public knows about mental health is learned from the media. Inaccurate and stigmatising reporting is harmful. Mind HK believes the media can play a positive role in reducing the stigma of mental health and improving the general public's awareness and knowledge, should appropriate mental health and suicide reporting guidelines be followed.

媒體塑造了我們對精神健康及其污名的態度，繼而影響了那些面對精神健康問題的人的福祉。

The media shapes our attitudes towards mental health and the stigma around it, impacting the wellbeing of those facing mental health problems.

有見及此，我們為香港的媒體提供以下一些建議：

In line with this, we have curated some tips for media in Hong Kong:

如何使用適當的語言

Use the Appropriate Language

問題 Issue	使用... Do use...	避免使用... Refrain from using...
將自殺批評為自私或不智的 Associating suicide with criminality or sin	「自殺身亡」 「自我了斷」 “Died by suicide” “Killed him/herself”	使用「輕生」、「做傻事」等責備或批判自殺的詞語 “Committed suicide”
將自殺描述為一種成就 Referring to suicide in terms of an achievement	「自殺未遂」 「自殺未遂者」 「試圖自殺而未致命」 “Attempted suicide” “Attempted suicide survivor” “Non-fatal suicide attempt”	「成功自殺」 「試圖自殺失敗」 含有把自殺行為光榮化的詞語 “Successful suicide” “Failed suicide attempt”
煽情地渲染精神健康問題 Sensationalising the mental health situation	「自殺率上升」 “Increased suicide rates”	「精神病大流行」 「飆升的自殺率」 “Mental illness crisis” “Skyrocketing suicide rates”

問題
Issue

使用...
Do use...

避免使用...
Refrain from using...

以當事人面對的精神健康
困擾貼標籤

Labelling a person by
their mental health
condition

「患有__的人」
*如果你正在報導關於一個
過來人的故事，請詢問他
們希望如何識別該狀況
“A person diagnosed
with __”
*If you are reporting a
story on a person with
lived experience of
mental health conditions,
ask them how they
identify

使用「精神分裂」、「厭食
女」、「啲個精神分裂」
等用詞

Identifying a person as a
“schizophrenic/schizo”,
an “anorexic”

使用帶有污名的詞語來形
容某種精神健康診斷
Using stigmatising terms
to refer to a mental
health diagnosis

使用「經歷幻覺/妄想/幻
聽/認知差距」或「被診斷
出患有憂鬱症」的用語
Experiencing
psychosis/delusions/
hallucinations/
distortions” or
“diagnosed with
depression”

使用「精神病患者」、
「瘋子」、「瘋狂」、
「瘋癲」的用語
“Psycho”, “insane”,
“crazy”, “mad”

使用帶有污名的詞語來形
容精神健康治療方式
Using stigmatising
language to refer to
mental health
treatments

使用準確的詞語：
「抗抑鬱藥」
「精神科醫生」或「心理
學家」
「機構/醫院/診所」
Use accurate terms:
“Antidepressants”
“Psychiatrist” or
“psychologist”
“Institution/hospital/clinic”

帶有污名的詞語：
「開心丸」
「神經病醫生」
「瘋人院/瘋人避難所」
Stigmatising terms:
“Happy pills”
“Shrink”
“Loony bin/insane
asylum”

問題 Issue	使用... Do use...	避免使用... Refrain from using...
<p>以污名化的方式描述成癮問題 Portraying addiction in a stigmatising way</p>	<p>使用「物質誤用」或「物質使用障礙」等用語 "Substance misuse" "Substance use disorder"</p>	<p>使用「物質濫用」 "Substance abuse"</p>
<p>將精神健康問題過度簡化或不準確地與暴力行為聯繫起來 Simplistically or inaccurately linking mental health to violence</p>	<p>提供導致暴力行為的全面背景和因素解釋 Provide context as to the factors leading to the violent behaviour</p>	<p>使用「危險」、「失常」、「不可預測」等詞語 或 過度簡化導致暴力行為的複雜因素 Using words like "dangerous", "unhinged" or "unpredictable" OR Omitting complex factors leading to the violence</p>

報導精神健康和心理健康困擾：小建議

Reporting on Mental Health and Mental Health Conditions: Quick Tips

教學時間

Teaching moment

正確方法：

準確地使用術語及解釋該術語的定義，並為讀者提供背景信息，例如需要注意的徵狀。

Do:

Use accurate terminology and define terms for readers providing background information such as symptoms to watch out for.

錯誤方法：

使用帶有污名的口語，這可能會加劇對精神健康受到困擾的人的歧視態度和行為。

Don't:

Use stigmatising colloquial terms, that may perpetuate discriminatory attitudes and behaviours towards those struggling with their mental health,

重要的是要傳達訊息而非細節

It's about the message not the details

正確方法：

識別對精神健康產生負面影響的因素，如較廣的結構性和社會壓力因素（例如 COVID-19 疫情、學業壓力等）。

Do: Identify the larger structural and social stressors that may be negatively impacting mental health (i.e. the COVID pandemic, academic pressures).

錯誤方法：

- 提供關於自殺或飲食失調的不必要窺探式細節（例如方法、體重基準）。
- 識別自殺身亡者的個人身份，或提供關於他們的不必要私人細節（學校/工作地點、住址）。

Don't:

- Provide unnecessary voyeuristic details on suicide or eating disorders (i.e. methods, weight benchmarks).
- Identify individuals who died by suicide, or providing unnecessary intimate details about them (school/place of work, address).

徵求專家意見

Get input from the experts

正確方法：

與精神健康專業人士和經歷精神健康困擾的人（曾經歷報導中提及的可被診斷的精神健康困擾的人）進行交流，以提供準確的描述。

Do:

Engage both mental health professionals and individuals with lived experience of mental health conditions (those who have experienced the diagnosable condition being covered), to provide an accurate depiction.

錯誤方法：

引用未經精神健康專業人士證實的政治人物或評論員言論。

Don't:

Quote claims by politicians or critics that have not been verified by mental health professionals.

塑造一個不偏不倚的故事

Create a balanced story

正確方法：

使用客觀的語言提供不偏不倚的觀點，強調精神健康疾病的趨勢和帶來影響的問題。

Do:

Provide a balanced perspective, highlighting mental ill health trends and issues impacting them, with measured language.

錯誤方法：

使用災難性的語言來誇大事實或加強情感效果。

Don't:

Overstate or sensationalise the matter using catastrophising language.

強調希望和康復

Highlight hope and recovery

正確方法：

強調復元的希望、引用關於復元率的數據、邀請過來人提供實際的復元過程，包括當中的挫折和進步。

Do:

Emphasise the hope of recovery, quoting recovery rates and featuring individuals with lived experience who can provide a realistic representation of the recovery process with its ups and downs.

錯誤方法：

避免以過度負面或經美化 / 浪漫化的解讀描述精神健康問題。

Don't:

Portray an overly negative or glorified / romanticised depiction of mental ill health.

暴力不是解決辦法

Violence is not the answer

正確方法：

當發生暴力事件，特別是涉及經歷精神健康問題的對象時，提供準確的背景說明（例如導致暴力的壓力因素）。

Do: Provide accurate context (i.e., the stressors that lead to the violence) when a violent incident occurs, particularly when it involves an individual with mental ill health.

錯誤方法：

把暴力歸咎於精神健康診斷，或在暴力事件發生後對施暴者的精神健康狀態作出推斷。

Don't:

Blame the violence on a mental health diagnosis, or make inferences as to a perpetrator's mental health status after a violent incident.

引導

Signposting

正確方法：

提供與報導相關的特定支援資源，例如自殺緊急熱線、LGBTQ+群體緊急支援熱線、青少年緊急熱線等。

Do:

Provide specific support resources that are specific to the issue being reported on (ie. suicide crisis hotlines, LGBTQ+ crisis support line, adolescent crisis line).

錯誤方法：

忽略支援服務，或者提供一般性的支援服務，而不考慮特定族群的需求。

Don't:

Leave out support services, or give a general support service, when discussing a specific population, that doesn't cater to that population.

使用適當的圖像

Use appropriate imagery

正確方法：

使用帶有希望和共融意識的圖像。

Do: Depict hope and inclusion.






錯誤方法：

使用帶有刻板印象的圖像，例如孤獨和黑暗的形象，或使用關於自殺地點或方法的照片。

Don't:


Use stereotypical images of isolation and darkness, or use photos of places or methods of suicide.

快速檢查項目清單 Quick Checklist

-  強調社會或公共衛生及醫療問題對解決精神健康問題的影響
Highlight a social or public health issue impacting the mental health issue being addressed
-  不要包含有關方法的細節（例如自殺方法、自我傷害方法、節食方法）
Do not include details about methods (i.e. suicide method, self-harm methods, dieting methods)
-  強調復元的希望和尋求幫助的重要性
Emphasise the hope in recovery and importance of help seeking
-  提供適當的支援資源
Provide appropriate support resources
-  使用適當和準確的語言
Use appropriate and accurate language
-  尋求擁有專業資格和合適的專家建議
Engage a qualified and appropriate expert in the field

謝謝你！ Thank you so much!

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