

Sector briefing: 'Osher Günsberg: A Matter of Life and Death' SBS documentary

17 September 2021

The *Mindframe* team wishes to advise the mental health and suicide prevention sectors of the upcoming release of a documentary **Osher Günsberg: A Matter of Life and Death** (airing on SBS, Sunday Sept 19, 8:30pm AEST, then available via SBS on demand). This documentary explores:

“Australia’s suicide crisis and investigates how new science, innovative thinking and technology could help prevent suicide. Osher will reflect on his own mental health experiences while examining why suicide rates remain high in Australia, and what is being done across the country to try and make a difference”. - SBS

The *Mindframe* team was consulted during the early development of 'Osher Günsberg: A Matter of Life and Death', though has not seen the finalised documentary. The following advice is based on review of the trailer and topics discussed with the show's producers.

The *Mindframe* team encourages organisations to be prepared to support those in their communities who are vulnerable to suicide and who may be impacted by this documentary. We recommend:

- promoting help-seeking behaviour and supports services
- messaging that promotes seeking advice from trusted medical professionals to discuss the appropriateness of the new and emerging treatments showcased.

Organisations are encouraged to promote and reflect safe messaging during this time to increase help-seeking behaviour and reduce stigma, both within the media and online.

The *Mindframe* team is available to provide guidance to organisations and their spokespeople choosing to engage with media around this documentary.

THEMES:

- Discussion of suicide
- Discussion of suicide prevention and intervention activities
- Discussion of mental illness and associated treatments
- Exploration of suicide prevention research and experimental treatments
- Inclusion of people with lived experience of suicide and mental illness
- Inclusion of suicide prevention experts

The documentary is being distributed by SBS as part of the eight-part documentary series ‘[Australia Uncovered](#)’. The sector is advised that this series of documentaries explores a range of impactful topics, including depictions of trauma. It is recommended that organisations review the upcoming schedule:

1. Gender in politics (‘Strong Female Lead’ – aired Sept 12)
2. Suicide (‘[Osher Günsberg: A Matter of Life and Death](#)’ – airing Sept 19)
3. The unsolved murder of 3 aboriginal children (‘The Bowraville Murders’ – airing Sept 26)
4. Anxiety (‘The truth about Anxiety with Celia Pacquola’ – airing Sept 3)
5. The child protection system (‘The Department’ – airing Sept 10)
6. Black African history in Australia (‘Our African Roots’ – airing Sept 17)
7. Police Task Force “Argos” – online child sexual exploitation unit (‘The Children in the Pictures’ – airing Sept 24)
8. Aboriginal and Torres Strait Islander incarceration (‘Incarceration Nation’ – airing Oct 31)

If you wish to discuss any of the above information, please feel free to directly contact *Mindframe* on:

Telephone: (02) 4924 6900

Email: mindframe@health.nsw.gov.au

Twitter: @MindframeMedia

Support services

Adult

Lifeline: 13 11 14

lifeline.org.au

Suicide Call Back Service: 1300 659 467

suicidcallbackservice.org.au

Beyond Blue: 1300 224 636

beyondblue.org.au/forums

MensLine Australia: 1300 789 978

mensline.org.au

Youth

Kids Helpline: 1800 551 800

kidshelpline.com.au

headspace: 1800 650 890

headspace.org.au

ReachOut: ReachOut.com

Other resources

Head to Health: mental health portal

headtohealth.gov.au

Life in Mind: suicide prevention portal

lifeinmind.org.au

SANE: online forums saneforums.org

Aboriginal and Torres Strait Islander: healthinonet.ecu.edu.au

Lesbian, gay, bisexual, trans, and/or intersex: 1800 184 527 qlife.org.au

Culturally and linguistically diverse: embracementalhealth.org.au



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