

Sample good news letter about mental illness

Ms Georgia Smart
Radio Alpha
PO Box A24
Brisbane QLD 4000

Dear Ms Smart

I am writing to congratulate you on your article 'Mental illness is not the enemy' on October 14 in the Weekday Gazette. ❶

I was deeply moved by your coverage of bipolar disorder, it helped to raise awareness of the illness, the symptoms and treatment options. Mental health problems can be difficult to discuss but they affect all of us. The media have a powerful role towards reducing the stigma attached to mental illness and encouraging understanding and acceptance. I believe that this article goes some way towards this and I look forward to seeing more coverage of a similar nature in the future. ❷ ❸

I have also nominated this article as a SANE StigmaWatch 'Good News' story for responsible and accurate portrayal of mental illness. SANE Australia are a national mental health charity - to find out more about all mental illnesses or for advice on reporting of mental illness and suicide, visit www.sane.org. ❹ ❺

Yours sincerely

Ron Costa

Cc
SANE StigmaWatch ❻

- ❶ Provide full details of the item you wish to congratulate.
- ❷ Give details about what you feel was good about the piece / the way in which the media coverage will help to reduce stigma, or promote awareness and try to include some facts to illustrate this.
- ❸ Encourage them to continue delivering positive and informative coverage.
- ❹ Inform them that they have been nominated to SANE StigmaWatch for the 'Good News' files.
- ❺ Refer them to SANE for further information about mental illness for future reporting.
- ❻ Note that you have copied your letter to SANE StigmaWatch.

SANE StigmaWatch

SANE StigmaWatch monitors media portrayals of mental illness and suicide, to ensure they are accurate and respectful. SANE StigmaWatch is a program of the SANE Media Centre, which works in partnership with the National Media and Mental Health Group to provide expert advice to the Australian Government's Mindframe National Media Initiative.

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www.sane.org

Visit the SANE website for information about mental illness and related issues.