

Breaking: Trauma in the Newsroom physical & mental health concerns for journalists covering war, murder, terrorism & more

Stories as told by reporters, camera operators and photographers who had to process trauma because of their jobs unrelated to the violence they witnessed

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“

Reporters witness – they see, hear, and least remarked on, smell things that are not part of what might be described as the common experience.”

Denis Murray OBE

[Newsroom](#) explores the physical and mental health problems experienced by journalists covering war, murder, untimely deaths, famine, and terrorism.

Leona O'Neill and Chris Lindsay are both journalists who have been affected by witnessing acts of terrible violence through their work. Leona was standing close to a young woman when she was shot dead during a riot; Chris was injured in a bomb attack which almost claimed the life of a young man he was standing beside. Breaking: Trauma in

the Newsroom is a collection of raw, powerful, and poignant stories from the frontline of modern journalism. Stories that remind us that the decision to work in journalism can lead to physical and mental health problems, sometimes even death.

The stories are from reporters, camera operators and photographers who had to process trauma because of their jobs unrelated to the violence they witnessed. Stories of how exposure to seemingly endless deaths in a London hospital ward during the Covid pandemic, reporting on the brutal murder a woman on her honeymoon in Mauritius, the drowning of a family in an Irish seaside resort, or covering the carnage of the war in Iraq left marks on those members of the media. They have seen and heard things which cannot be unseen or unheard. Some have suffered Post Traumatic Stress Disorder (PTSD) others have had to cope with other psychiatric and psychological challenges. Some have had to leave their jobs. The impact of trauma is the common thread that runs through this book.

Leona and Chris hope that the courage shown by the contributors will feed into a wider conversation about how those who work in the media are supported in terms of their mental health. A conversation they believe needs to include those who are training to work in journalism

and those conducting the training.

In his foreword, Denis Murray OBE states, 'Reporters witness – they see, hear, and least remarked on, smell things that are not part of what might be described as the common experience. In my own career, spent almost entirely in Ireland and the UK, I can tell you how long a young, healthy male can survive without food; how long someone can scream on hearing of the death of a loved one; what burning human flesh smells like; how hot a petrol bomb is at the point of impact; and differentiate between the sounds made by a pistol and a high velocity rifle.'

In *Breaking: Trauma in the Newsroom*, journalists go against the grain by telling their own stories. Readers should relish these stories – journalists are the public's eyes, ears, and voice, too – it's time for us to listen to theirs.

Published by [Maverick House](http://maverickhouse.com), *Breaking: Trauma in the Newsroom* is available nationwide and online. ISBN 9781908518699.

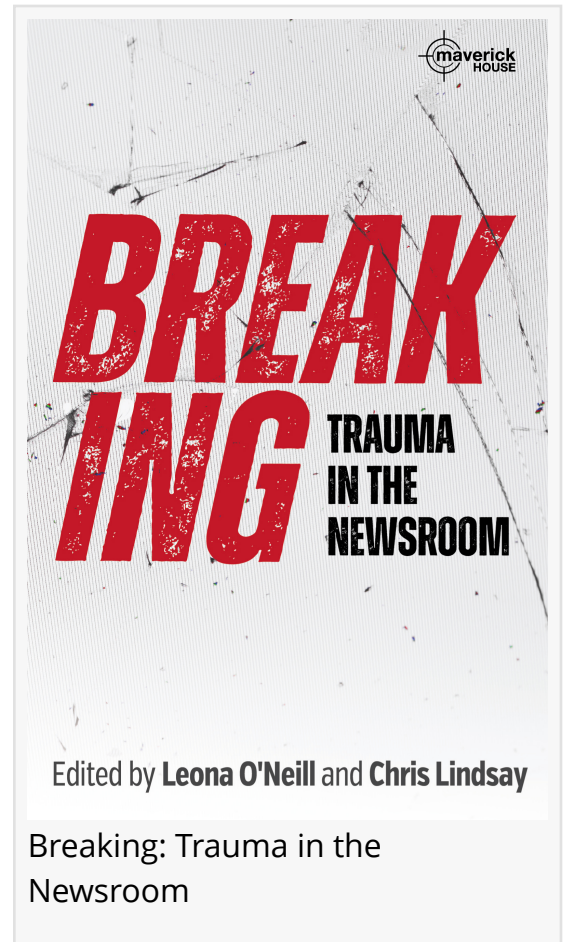
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Notes to Editor

For additional information, to arrange an interview or request an extract, please contact Deirdre Roberts deirdre@deidr Roberts.com or call 00 35387 2633011

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