DIGITAL PALESTINE

Suicide and Self-Harm Policy

Version: 2.0
Effective Date: 1 November 2026
Last Updated: 1 November 2026
Applies To: All members worldwide

How we support people who are struggling, and what we remove

> **If you are thinking about harming yourself**
> You are not alone, and help is available. Please talk to someone you trust or contact a support service near you: findahelpline.com, a free directory of helplines by country. If you are in immediate danger, contact your local emergency services now.

1. WHAT THIS POLICY COVERS

1.1 This policy applies to everyone on Digital Palestine and to everything shared on the platform, including posts, comments, stories, messages and profiles. It covers content about yourself and content about other people.

1.2 It sits alongside the Community Communication & Ethics Charter, the Moderation Policy, the Graphic Content Policy and the Child Protection Policy.

2. WHAT IS ALLOWED

2.1 Talking openly can help people get support. We do not remove content in which people:

- share their own experience of suicidal thoughts, self-harm or an eating disorder;
- talk about recovery or ask for help;
- support, check on or encourage someone who is struggling;
- share information about prevention, mental health or where to find help;
- report on or remember people who have died, without describing how in detail.

2.2 If you are struggling and contact us, we will point you to help services. Sharing that you are struggling is not a breach of our rules, and your post is not removed.

3. WHAT WE REMOVE

3.1 We remove content that could lead someone to harm themselves. This includes, but is not limited to:

- encouraging, urging, daring or pressuring anyone to harm or kill themselves. In many countries this is a crime;
- describing or showing methods, instructions or materials for suicide or self-harm;
- celebrating, glorifying or romanticising suicide or self-harm;
- graphic images or video of self-injury or suicide;
- challenges, games or pacts that involve self-harm;
- promoting eating disorders or dangerous weight loss;
- mocking or harassing people who self-harm, or people who have died by suicide.

3.2 Accounts that encourage others to harm themselves are suspended or permanently banned.

4. HOW TO REPORT A CONCERN

4.1 If you see something that worries you, open the menu on the post, comment, message or account, choose "Report" and then "Suicide or self-harm". You can also email support@digitalpalestine.com with "Self-harm" in the subject line.

4.2 If you believe someone is in immediate danger, contact your local emergency services first. Reporting to us is not a substitute for emergency help.

5. WHAT HAPPENS AFTER A REPORT

Step	What happens
1	Reports about suicide or self-harm are given priority and reviewed within 24 hours by our core team. Staff handling such cases are provided with the support they need as with child-safety cases.
2	If the content breaks this policy, we remove it.
3	We do not tell the person who posted it who made the report.
4	Where we believe someone's life is at immediate risk, we may share the information needed with emergency services, where we are able to do so under the law. We will keep a record of each disclosure and the basis for it.

6. CHILDREN AND YOUNG PEOPLE

6.1 Everything in this policy applies to children. Encouraging a child to harm themselves is also covered by the Child Protection Policy and is handled as a child-safety report.

7. CHANGES AND CONTACT

7.1 We will review this policy at least once a year and update it as the law and our features change.

7.2 Questions about this policy: support@digitalpalestine.com.

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