11 — SAFETY AND WELL-BEING

Non-Canadian resource — Journalism Source of Safety Trauma-informed toolkit provides checklists for civil unrest, disasters, first aid, travel, digital security and trauma.

https://www.sourceofsafety.org/

Non-Canadian Resource - ACOS Alliance: Safety Management Practical templates help journalists, editors and freelancers assess assignment risks and establish safer commissioning procedures.

https://www.acosalliance.org/safety-management

Canadian Association of Journalists: Digital Security Practical guidance helps journalists reduce digital exposure, strengthen account security and protect themselves and their sources.

https://caj.ca/advocacy/digital-security/

Canadian Association of Journalists: Online Harm and Harassment Guide Provides concrete steps for Canadian journalists facing targeted online abuse, including pre-assignment social media lock-downs, employer notification templates, and protocols for logging digital threats.

https://caj.ca/advocacy/online-harm-harassment/

Canada Press Freedom Project (CPFP): Press Freedom Violations Database & Reporting An initiative run through J-Source where reporters in Canada can record and report digital threats, cyber-harassment, legal intimidation, or physical interference.

https://canadapressfreedom.ca/

Canadian Journalists for Free Expression (CJFE):Assistance & Defense

An active national organization offering immediate assistance, legal advocacy, and emergency funding for Canadian reporters targeted by digital harassment, state surveillance, or physical danger.

https://www.cjfe.org/

Mental health and burnout

Canadian Association of Journalists: Mental Health Resources Connects Canadian journalists with mental-health, trauma and well-being information and support.

https://caj.ca/resources/mental-health-resources/

Canadian Journalism Forum on Violence and Trauma: Well-Being in News Hub A resource dedicated to psychological injury, moral injury, and vicarious trauma for Canadian journalists. It provides research updates, newsroom mental health guides, and a dedicated

counseling assistance fund.

https://www.journalismforum.ca/well-being-in-news/blog

Taking Care Survey & National Report A major Canadian study and resource portal analyzing the specific psychological risks faced by media workers in Canada, featuring actionable recommendations for individual coping mechanisms and newsroom support.

https://www.journalismforum.ca/taking-care-report