

**Evidence-Based Resources and Talking Points
for
NetFlix Series “13 Reasons Why”**

Dear Colleagues,

In response to questions from several of you about the Netflix series “13 Reasons Why,” SPRC’s Grantee and State Initiatives Team has pulled together the following short list of key resources that may help you in supporting schools, parents, and communities, as well as key information on safe and effective ways of messaging about suicide risk and prevention as you and your partners respond.

There has been a very robust discussion and debate around the series itself on the American Association of Suicidology listserv – if you are interested in following that discussion and are not already subscribed, you can sign up for the list [here](#).

Please feel free to reach out to your SPRC Prevention Specialist if you need to talk through specific questions or concerns related to the series.

-SPRC Grantee and State Initiatives Team

Dear Colleagues,

In light of the recent release of the 13 Reasons Why series on Netflix, we are choosing to share these talking points from the Suicide Awareness Voices of Education. Please pass this information onto your suicide prevention coordinators.

We have had a large volume of emails and calls on our national suicidology listserve about this show, 13 Reasons Why. We understand that this may have an immediate effect on communities across Texas, and as such will be communicating more with you regarding effective tools for responding and addressing the needs of your community. We welcome insight and feedback that can contribute to a meaningful discussion.

Best,

Jenna

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Evidence-Based Resources and Talking Points for NetFlix Series “13 Reasons Why”

From Suicide Prevention Organizations

- [A Teachable Moment: Using 13 Reasons Why to Initiate a Helpful Conversation about Suicide Prevention and Mental Health](#) (AFSP/ASCA/NASP) (Webinar)
- [Tips for Parents for Talking with their Children about 13 Reasons Why and Suicide](#) (American Foundation for Suicide Prevention)
- [Briefing in Connection with the Netflix Series 13 Reasons Why](#) (International Association for Suicide Prevention)
- [13 Reasons Why Talking Points](#) (The Jed Foundation/Suicide Awareness Voices of Education)

From Other Mental Health/Professional Organizations

- [13 Mental Health Questions about 13 Reasons Why](#) (American Psychiatric Association)
- [13 Reasons Why Netflix Series: How School Counselors Can Help](#) (American School Counselor Association)
- [13 Reasons Why Netflix Series: Considerations for Educators](#) (National Association of School Psychologists)
- [13 Ways to Continue the Conversation about 13 Reasons Why](#) (Active Minds)

Other Related Resources

- [National Suicide Prevention Lifeline](#)
- [The Trevor Lifeline](#) (The Trevor Project)
- [SPRC Web Page for Suicide Prevention in Schools](#) (Suicide Prevention Resource Center)
- [Information for Parents webpage](#) (Society for the Prevention of Teen Suicide)
- [Not my Kid: What Parents Should Know about Teen Suicide](#) (Society for the Prevention of Teen Suicide) (Video)
- [Action Alliance Framework for Successful Messaging](#) (National Action Alliance for Suicide Prevention)
- [Recommendations for Reporting on Suicide](#) (various)

Local Resources

- [Texas Suicide Prevention](#) (Texas Suicide Prevention Resources)
- [Crisis Hotlines for your Area](#): (The Suicide Prevention Lifeline)
- [Resources for At Risk Communities](#): (Local support for various communities)
- [Videos of Hope & Help](#): (Free videos & PSAs)
- [Smart Phone Apps](#): (Free phone apps for suicide prevention)
- [Mental Health Services in Texas](#): (State Mental Health Services)