



The Netflix original series “13 Reasons Why”, based on a popular novel of the same name, was released on March 31 and has been much talked about, particularly among school-aged youth. The fictional story is a cautionary tale of a young girl’s suicide, and covers other sensitive subject matters as the series progresses such as sexual abuse, rape, substance abuse, mental health, and bullying.

Due to the popularity and the subject matter of the series, The Oakland County Youth Suicide Prevention Task Force is providing the information below to assist parents in conversations with their children about these very serious and sensitive topics. It is suggested that:

- Parents/caregivers view the series first.
- If you consider the series suitable for your children, watch the series with them.
- Watch the series companion piece "13 Reasons Why: Beyond the Reasons" on Netflix for a discussion by cast, producers, and mental health professionals about the series.
- Create a safe, judgment-free zone when talking about the series and the subject matter.
- Reach out for help if you feel you and/or your child needs it. **Call the Common Ground Helpline at [1-800-231-1127](tel:1-800-231-1127).**

In response to the series, many national and local organizations have created resources to assist parents, teachers, and other gatekeepers in talking to youth about suicide as it relates to the situational drama that unfolds in the TV series and in general. The following resources are suggested:

- [13 Reasons Why Talkpoints from Suicide Awareness Voices of Education & The JED Foundation](#)
- "Responding to 13 Reasons Why: An Interactive Q&A Discussion Webinar" on Thursday, April 20th. Reserve your spot here: <http://bit.ly/2pD1e6y>
- [Resources](#) created by the Oakland County Youth Suicide Prevention Task Force, including a Parent Toolkit and Suicide Warning Signs Flyer.
- Learn more about restricting lethal means of suicide at the May 24th Community Discussion at the Troy Community Center. For more information, visit [www.oakgov.com/health](http://www.oakgov.com/health)

Encourage your child to understand the "**13 Reasons WHY NOT**" (below) created by Task Force member agency, Alliance of Coalitions for Healthy Communities.

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# 13 Reasons Why Not

1. Life isn't a video game - **death is permanent.**
2. **Feelings change** - this situation is temporary.
3. Things will get better - you are never too broken. **You CAN be healed.**
4. Even if you don't feel it right now - **there are so many people who love you.**
5. **You aren't alone** - we're in this together.
6. Your pet won't understand - **death is painful for those who love you.**
7. If you're feeling worthless, remember - **your life DOES have purpose.**
8. FOMO is real - **you will miss out on the beauty in life.** There is more outside this moment.
9. **There is ALWAYS somebody willing to help.**
10. *You are more than how you look or what you achieve.*
11. You are unique - **your worth is not determined by people's opinions of you.**
12. You won't get your own Netflix show - death is the finale.
13. You have an important story to tell - **this world needs your EXACT brand of beautiful.**

NATIONAL  
**SUICIDE**  
PREVENTION  
**LIFELINE**  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Substance use does not eliminate feelings of depression, hopelessness, anxiety, and fear, in fact - it can make it worse. If you or someone you know is struggling, get help.**

COMMUNITY MENTAL HEALTH  
**CMH**  
CITY AND COUNTY  
OF DENVER

**Call 1.800.231.1127**

Alliance of Coalitions  
**ACHC**  
for Healthy Communities