



As many of you may have heard by now, “13 Reasons Why” a novel by Jay Asher, is now a series on Netflix. In this series, Hannah Baker, the main character, dies by suicide and leaves 13 cassette tapes outlining the 13 reasons why she did what she did. The series has a different tone than the book, and outlines in graphic detail, topics of suicide, rape, sexual assault, slut shaming and bullying. There have been many concerns about this series by several suicide prevention and mental health organizations about the content and graphic nature of the series. Concerns have also been raised about the lack of support that was offered to Hannah by the adults in her life, including by the school counselor. Unfortunately the school counselor in this series is not portrayed in a positive light and may lead some to believe that is how professionals in the field may handle a similar situation.

The series could be particularly troubling for students who may have already thought about suicide or whose mental health is particularly fragile. If students are going to watch the series, it may be best if they had an adult with whom they could process it with. It is also important for students to walk away understanding that there are many caring adults out there who will help if they find themselves in a situation similar to Hannah’s and they should seek out those supports.

Some school districts have made the decision to inform parents about the series and offer resources on how to talk with your child about the series as well as how to talk with your child about suicide. There are several resources available to counseling professionals and parents. One of these resources was put out by the Suicide Awareness Voices of Education and the JED Foundation and can be found ([here](#)). The [National Association of School Psychologists](#) has also put out some very valuable information on the series as well as information in talking with students about suicide. Listed below are also links to various suicide prevention and sexual assault organizations that can serve as good resources for counselors and parents.

**Resources:**

Prevent Suicide CT ([www.preventsuicidect.org](http://www.preventsuicidect.org))

American Foundation for Suicide Prevention ([www.afsp.org](http://www.afsp.org))

Suicide Prevention Resource Center ([www.sprc.org](http://www.sprc.org))

Joyful Heart Foundation – sexual assault resources ([www.joyfulheartfoundation.org](http://www.joyfulheartfoundation.org))

The Date Safe Project ([www.datesafeproject.org](http://www.datesafeproject.org))