



Waterloo Region
Suicide Prevention Council
www.wrspc.ca

13 Reasons Why Talking Points

First, WRSPC would like to remind you that you have a choice. Do you really want to watch the series? Remember, you can't 'unsee' something once you have watched. You can choose to be thoughtful about whether or not this is something you wish to have in your mind.

If you are a parent of a teenager or twentysomething, we suggest you ask if they have watched the series or are watching the series. Don't worry about having the exact right language with your loved one, the main point is that you are talking about the series if it has been watched.

What do you like about the series?

What don't you like?

How are you feeling about the series? How is it impacting you?

What could you do differently if you were Hannah?

There are more healthy ways to cope with the feelings Hannah experiences – let's talk about some of them. What are some healthy ways you like to use?

Some additional points:

1. **A reminder that this series is fictional.** While the show may be relatable in some ways, it is not real. When you die you do not get to make a movie or talk to people any more.

2. **Suicide and the reasons for it are very complex.** There is no one single reason why someone takes their life. In fact, suicide is not a common response to life's challenges or adversity. The vast majority of people who experience bullying, the death of a friend, or any other adversity described in the series do not die by suicide. In fact, most reach out, talk to others and seek help or find other productive ways of coping. They go on to lead healthy, normal lives.

3. **Suicide is never glamorous or romantic** as this series may lead someone to believe. Death by suicide is tragic.

4. It is important to know that, in spite of the portrayal of a serious treatment failure in 13RW, **there are many treatment options for life challenges, distress and mental illness.**

5. **Suicide is never the fault of survivors of suicide loss.** There are resources and support groups for suicide loss survivors in our community including the “Why group” a safe and non-judgmental place to share with others who are facing the unique challenges of traumatic grief after a family member or friend has died by suicide. 4 groups per year are available in Waterloo Wellington, Call Dena at 519-745-2195 or go to wrspc.ca to register.

6. **Encourage help seeking behavior** and talk about trusted adults and resources in our community including walk-in counselling, peer support and support groups and individual counselling. Here are some good numbers to have on hand. Post them on your fridge and program them right into your and your loved one’s phone so they are handy.

24/7 – 1-844-437-3247

Kids Help Phone at 1-800-668-6868.

Crisis Respite – 519-576-7431

7. **Everyone can play a role in the prevention of suicide deaths.**

Note: These suggestions were drawn from talking points prepared by Suicide Awareness Voices of Education & the Jed Foundation, in collaboration with Netflix, talking points from the Ontario school boards, from a webinar titled “Responding to 13 Reasons Why: An Interactive Q&A Discussion held on April 20, 2017. The webinar was hosted by Dr. Dan Reidenberg, Executive Director of Suicide Awareness Voices of Education, managing Director of the National Council for Suicide Prevention and US Representative to the IASP, Christy Olson, EdD, LMHC, Mental Health, BSN, State Coordinator, Polk County School Board and Pat Breux, BSN, State Coordinator of School and Youth Initiatives, Suicide Prevention Centre of NY and from the consultation and input of the council members of WRSPC.

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