

A Teachable Moment: Using "13 Reasons Why" to Initiate a Helpful Conversation About Suicide Prevention and Mental Health

As most of you know, the trending Netflix series "13 Reasons Why," based on a young adult novel of the same name, is raising some questions and concerns about mental health and suicide. The series revolves around 17-year-old Hannah Baker, who takes her own life and leaves behind audio recordings for 13 people she says were in some way part of why she killed herself. Each tape recounts painful events in which one or more of the 13 individuals played a role.

It's important that we have a conversation that's smart about mental health and suicide prevention. Join ASCA, the American Foundation for Suicide Prevention and the National Association of School Psychologists on Tuesday, May 2, at 2 p.m. Eastern for a discussion about "13 Reasons Why" and what you can do in your school, at home and within your communities to support our young people and those who may be struggling.

With the help of some leading experts in the field, we'd like to explore:

What's the big deal about "13 Reasons Why"?

- Brief overview of the series
- Reframing misperceptions about mental health and suicide
- How to mitigate risk of contagion

How can you have an open conversation about mental health and suicide prevention at home, in your school and in your community?

- Understanding mental health and suicide
- Having a conversation
- Learning the risks & warning signs of suicide
- Supporting help-seeking behavior
- Sharing resources

What are some best practices, actionable steps, and tools you can use to help the young people (and adults) in your life who may be struggling?

- Tools and resources from [ASCA](#), the [National Association of School Psychologists](#) (NASP) and the [American Foundation for Suicide Prevention](#) (AFSP)
- [A Model School Policy on Suicide Prevention](#) – a combined effort from ASCA, AFSP and NASP -- gives educators and school administrators a comprehensive way to implement suicide prevention policies in their local school or district

- [After a Suicide: A Toolkit for Schools](#) guides schools on messaging and actions to take following the loss of a student to suicide

[Register for the webinar](#). Limited spaces are available; however, the webinar recording will be available after the original presentation if you aren't able to view it live.

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