

13 Reasons Why: What Viewers Should Consider

Recently, Netflix released Thirteen Reasons Why (13RY), a series based on the book by Jay Asher published in 2011. The show tells the story of Hannah, a high school student who has died by suicide and her experience of a terrible series of events - many of which are perpetrated by her classmates and friends - that she shares with them via cassette tapes she recorded before her death.

13RY has been both celebrated for sparking conversations around sexual assault, suicide and teen friendships, but has also been heavily criticized for missing the mark on safe and effective messaging, potentially putting some youth at greater risk of self-harm.

Given the strong and mixed responses to the new Netflix series, we wanted to share some resources and considerations for watching the show (or deciding not to watch), what viewers should keep in mind and how professionals and families can discuss 13RY with their students.

On the day the series premiered, JED partnered with Suicide Awareness Voices of America (SAVE) to develop and share [Talking Points](http://thejedfoundation.cmail19.com/t/r-l-yutdyuhy-drjdhutdjr-y/) to help clinicians and mental health professionals discuss it with parents, young people and the media.

Today, we posted a new blog by our own Dr. Vic addressing the issues raised about the show, why it matters and what to do, including suggestions for young viewers and their families. [Read Dr. Vic's blog here](http://thejedfoundation.cmail19.com/t/r-l-yutdyuhy-drjdhutdjr-j/).

To learn more about emotional health and how to get help or support a loved one, visit [jedfoundation.org/help](http://thejedfoundation.cmail19.com/t/r-l-yutdyuhy-drjdhutdjr-t/).

We can all help to promote mental health and prevent suicide.