



## LOUDOUN COUNTY PUBLIC SCHOOLS

*"Empowering all students to make meaningful contributions to the world"*

Last year, Netflix released a series, "13 Reasons Why," that instantly became one of the most popular series in Netflix history and was widely viewed by teens across the country. The fictional series, based on a Jay Asher novel, covered graphic content that included suicide, sexual assault, substance abuse and bullying. Following the release of this series, rated for mature audiences only (TV-MA), many mental health experts expressed serious concerns about the graphic and sensationalized treatment of suicide in this story and developed resources for families and educators about this series and the topic of suicide.

Today, Netflix released the second season of "13 Reasons Why." It is important that parents and other adults working with children and adolescents are aware of the potential impact and are prepared to respond appropriately.

In advance of the second season, mental health professionals have developed a toolkit to provide guidance and resources for parents, educators, clinicians, youth and media related to the content of the series. Information can be found at <https://www.13reasonswhytoolkit.org/>.

Information on the youth suicide warning signs can be found at the following website, <http://www.youthsuicidewarningsigns.org/>.

There are resources available for youth experiencing depression, suicidal thoughts or other behavioral crises. Through Loudoun County Mental Health, Substance Abuse and Developmental Services, help is available 24 hours, seven days a week if you are experiencing immediate and severe emotional crisis at 703-777-0320. The Crisis Intervention Team Assessment Center, located at 102 Heritage Way, Leesburg, Va., is open from 7 a.m. to 11 p.m. daily and mental health professionals are available for anyone in crisis. Non-emergency appointments can be made at 703-771-5100.

Also, there are free, confidential 24/7 supports available:

- PRS CrisisLink: 703-527-4077 or text "CONNECT" to 855-11
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- SAMHSA National Helpline: 800-662-HELP (4357)
- Children's Regional Crisis Response (CR2): 844-NCrisis (627-4747) in English and Espanol
- Hopeline: Chat at <http://www.hopeline.com> or call 800-784-2433

In an emergency, call 911 and ask for a Crisis Intervention Team (CIT) deputy/officer.