

# Preparing for *13 Reasons Why* Season 2

Last year, Netflix released a series called *13 Reasons Why* based on a book by Jay Asher with the same title. There was a lot of concern about the series, which focuses on the reasons why a lead character decides to take her life. The main points raised about the series include:



- Suicide prevention experts were not consulted while the show was produced. The show includes a very graphic scene of the character dying by suicide and two rape scenes. Showing graphic scenes of suicide goes against [suicide prevention recommendations](#) since watching these scenes can negatively affect vulnerable viewers and people at high suicide risk.
- All episodes were released at once so many viewers of all ages binge-watched the show. The series covered intense topics including suicide, sexual assault, substance abuse, and bullying without referring people to resources for help.
- Many parents were not aware that the show contained very mature topics and graphic content.

In response to concerns, Netflix created [a resource site for viewers](#). Additionally, many agencies, including schools, tried to share information and resources once these concerns came to light. Netflix plans to soon release season 2 of *13 Reasons Why*. This season is not based on a book and Netflix has not mentioned which topics will be covered. Many people might re-watch season 1 or see it for the first time based on interest generated by the season 2 release.

This one-pager includes ways to find help and resources addressing season 1. [Forefront Suicide Prevention](#) and the [American Foundation for Suicide Prevention](#) plan to respond to concerns with season 2.

## Want to talk to someone anonymously?

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

- A 24/7 hotline if you want to talk to someone about yourself or concerns you have for someone else. You will be connected to a WA-based crisis center.

**Teen Link:** 1-866-TEENLINK / 1-866-833-6546

- Teen counselors offer peer-to-peer [online chat](#) and a hotline from 6-10pm every day.

**Crisis Text Line:** Text "HEAL" to 741741

- If you prefer to text, trained counselors can text with you 24/7 about any crisis you are facing.

## *13 Reasons Why* resources from last year

[Suicide Prevention Resource Center's 13 Reasons Why page:](#)

This is a list of resources for viewers, parents, schools, the media, and communities.

Highlighted resources:

- [Netflix's 13 Reasons Why Discussion Guide](#)
- [JED Foundation's What viewers should consider](#)
- [Forefront Suicide Prevention's Media Statement and Talking Points](#)
- American Foundation for Suicide Prevention's recorded webinar: [A Teachable Moment: Using 13 Reasons Why to Initiate a Helpful Conversation about Suicide Prevention and Mental Health](#)
- [Headspace's guide](#) to talking with youth about the show (from Australia)

## Media recommendations

- [ReportingOnSuicide.org](#) is a website for journalists offering guidelines for reporting on suicide, examples of responsible reporting, links to suicide prevention experts, research on suicide and the media, and a link to a free, self-directed course on suicide reporting.
- [National Action Alliance for Suicide Prevention's Framework for Successful Messaging](#)
- [The Carter Center's Journalism Resource Guide on Behavioral Health](#)