

Mental health has become a national topic of conversation lately, and not just because May is [Mental Health Awareness Month](#). An online series broadcast on Netflix, *13 Reasons Why*, is trending among teens and in the media. The series deals with challenging topics such as teen suicide and other traumas in a way that has been particularly alarming for many mental health experts. Experts are cautioning parents and students about the show and directing them to take advantage of mental health resources such as those available in the North Warren school and the local community.

A novel of the same name inspired the *13 Reasons Why* online series, which graphically depicts a suicide death and difficult topics such as sexual violence, drunk driving and bullying.

“We do not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series. Its powerful storytelling may lead impressionable viewers to romanticize the choices made by the characters and/or develop revenge fantasies,” the National Association of School Psychologists cautioned in a guidance memo recently issued to educators.

With the growing popularity of the show, mental health organizations are encouraging parents to use it as an opportunity to engage in healthy conversations with their teens about suicide and mental health. Two organizations, SAVE and the JED Foundation, collaboratively released [talking points to begin those conversations](#).

Simply talking about suicide does not plant the idea, but exposure to real or graphic depictions of suicide can be a risk factor for those struggling with mental health conditions, according to NASP.

“While many youth are resilient and capable of differentiating between a TV drama and real life, engaging in thoughtful conversations with them about the show is vital. Doing so presents an opportunity to help them process the issues addressed, consider the consequences of certain choices, and reinforce the message that suicide is not a solution to problems and that help is available,” advised NASP.

At North Warren, students and their families have access to a variety of supports when dealing with mental health issues:

- **Guidance counselors, a psychologist and a social worker** are available. These professionals are part of a collaborative effort to provide individual supports, small and large group counseling, classroom information sessions, presentations, workshops and more. *Students should always speak with a counselor and/or teacher if they have concerns for themselves or a classmate in relation to suicide, bullying or other issues that affect mental health.*
- **Dignity for All Students Act** coordinator is available to help identify, investigate and respond to reports of DASA violations. Issues of discrimination, harassment and bullying are known to make mental health issues worse.

Additional online and community resources are outlined below. Parents with questions regarding how North Warren can support their child’s mental health and wellness should contact their child’s school counselor.

ADDITIONAL RESOURCES

Need someone to talk to?

- [National Suicide Prevention Lifeline](#)
- [Reachout.com: Get through tough times](#)
- [Lifeline Crisis Chat](#)

Concerned about a friend?

- [Report suicidal content/threats on Facebook](#)
- [Society for the Prevention of Teen Suicide](#)
- [National Association of School Psychologists: Save a Friend](#)

Looking for help locally?

- **Child and Adolescent Mobile Crisis Team for Warren/Washington County**

Dispatched by Glens Falls Hospital: Emergency Clinical Team

Call [\(518\) 969-1140](tel:518-969-1140)

- The crisis team is available to respond to any child or adolescent in a psychiatric and/or behavioral crisis in their home, school, and/or community Monday through Friday, 11 a.m. - 7:30 p.m. When you call, ask for the "Parsons' Child & Adolescent Mobile Team." Be prepared to provide:
 - Your name and contact information (phone)
 - Name of child in crisis
 - Parent's name and contact information (phone)
 - Nature of crisis (brief description)
 - If there is an immediate safety concern that warrants calling 911 (i.e., harm is imminent and can't wait for mobile team response).
- If you have any questions or encounter a problem reaching the service, please contact Sydney Dwinell at [\(518\) 409-8733](tel:518-409-8733). (Note that this is not a crisis number.)

- **Council for Prevention: Yellow Ribbon Suicide Prevention Program**

- Visit the [website](#)
- Email allisonreynolds@councilforprevention.org
- Go to the [Facebook](#) page

Want ideas for how to identify, prevent and respond to suicidal thoughts?

- [New York State Office of Mental Health: Suicide Prevention](#)
- [American Foundation for Suicide Prevention](#)
- [American Association of Suicidology](#)
- National Association of School Psychologists:
 - [Preventing youth suicide](#)
 - [Preventing youth suicide: Tips for parents/educators](#)
 - [Center for Diseases Control: Suicide fact sheet \(PDF\)](#)