

Dear Horse Heaven Hills Families,

You may be aware that Netflix recently released a new series based on the 2007 book by Jay Asher, called [13 Reasons Why](#). It is the story of a high school girl who leaves behind tapes after her suicide-tracing the events that led up to her decision to end her life. It is one of the most viewed series on Netflix and some students have already watched the whole series. The overriding concern is that it could be triggering for those who are already struggling, as well as those who are supporting their friend(s). According to some behavioral health experts, this series could do more harm than good- especially for youth who may be isolated, struggling or vulnerable to suggestive images and story lines.

We want to provide you with a resource that outlines some talking points about this program and topic for you to discuss with your child(ren). We hope this information provides an opportunity to remind your child about the importance of seeking support from you and other caring adults in their life, when they are feeling overwhelmed. If there is ever an immediate youth safety/suicide concern, call 911 or Crisis Response # (509) 783-0500.

Suicide Warning Signs:

Immediate Risk

Some behaviors may indicate that a person is at immediate risk for suicide.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Serious Risk

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

[National Suicide Prevention Lifeline](#)

1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress.

An [online chat option](#) is also available.

Respectfully,
Patti Ostby and Kelley Hawkins
Horse Heaven Hills Counselors