

THIRTEEN REASONS WHY

NOT

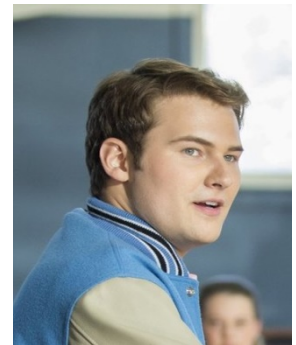
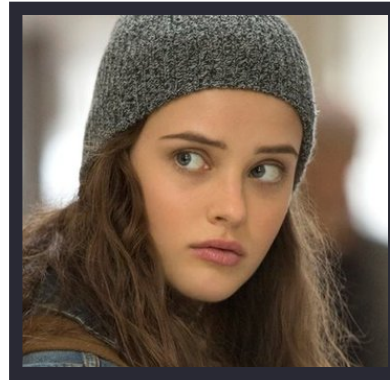
Agenda

- Thirteen Reasons Why summary
- Suicide Facts/Data
- Who is at risk for suicide
- Warning signs of Suicide
- Suicide Prevention
- Maintaining a Healthy Mindset
- Thirteen Reasons Why NOT
- Discussion

Thirteen Reasons Why Summary

Thirteen Reason Why follows the story of Clay Jensen, as he returns home from school and find a mysterious package on his bed. When he opens it, he finds seven cassette tapes. Upon inserting them into this family`s cassette player, he discovers the tapes were recorded by Hanna Backer, a girl at school who recently committed suicide. Her instructions were clear: each person who received a package is one reason why she killed herself and after each person has listen to them they must pass them on if not a whole new set of tapes would come out.

Casts



Suicide Facts/Data

- Suicide is the 10th leading cause of death and is one of just three leading causes that are on the rise (CDC, 2018)
- Researchers found that more than half of people who died by suicide did not have a known diagnosed mental health condition at the time of death. Relationship problems or loss, substance misuse; physical health problems; and job, money, legal or housing stress often contributed to risk for suicide.
- Firearms were the most common method of suicide used by those with and without a known diagnosed mental health condition.

Who is at risk for Suicide?

Suicide **DOES NOT** discriminate. People of all genders, ages, and ethnicities can be at risk

The main risk factors for suicide are:

- A prior suicide attempt
- Depression and other mental health disorders
- Substance abuse disorder
- Family history of a mental health or substance abuse disorder
- Family history of suicide
- Family violence, including physical or sexual abuse
- Having guns or other firearms in the home
- Being in prison or jail
- Being exposed to others' suicidal behavior, such as a family member, peer, or media figure
- Medical illness
- Being between the ages of 15 and 24 years or over age 60

What are the Warning Signs of Suicide?

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Planning or looking for a way to kill themselves, such as searching online, stockpiling pills, or newly acquiring potentially lethal items (e.g., firearms, ropes)
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain, both physical or emotional
- Talking about being a burden to others
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking risks that could lead to death, such as reckless driving
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Using alcohol or drugs more often

Suicide Prevention: How to help someone who is suicidal?

1. Speak up if you're worried

-Giving a suicidal person the opportunity to express his or her feelings can provide relief from loneliness and pent-up negative feelings, and may prevent a suicide attempt.

1. Respond quickly in a crisis

-If a friend or family member tells you that he or she is thinking about death or suicide, it's important to evaluate the immediate danger the person is in. If a suicide attempt seems imminent, call a local crisis center, dial 911, or take the person to an emergency room.

1. Offer help and support

-If a friend or family member is suicidal, the best way to help is by offering an empathetic, listening ear. Let your loved one know that he or she is not alone and that you care.

Need Help?

Suicide Prevention Hotline: 1-800-273-8255 (24 hours)

Maintaining a Healthy Mindset

A healthy mind will help you find your way through life, from birth through childhood, through teenage years, adulthood and into older age.

Why do we discuss a healthy mindset with suicide?

- You are what you think. A healthy mindset and a positive attitude can lead to a greater sense of wellbeing.
- Having a positive attitude can be helpful especially when we are going through tough times. If we can develop a positive outlook on the way we see and do things it can lead to a greater sense of wellbeing.

13 Why Not to Commit Suicide

1. You are loved!
2. Your life matters, whether you feel that way or not, it does!
3. You are irreplaceable
4. You're stronger than you think
5. Someone looks up to you, even if you don't know it!
6. There are so many wonderful experiences you haven't had yet
7. The pain you feel now and have felt for awhile is not permanent!
8. You can change the world!
9. Suicide is a permanent fix to a temporary problem-life WILL get better.
10. You are someone's friend
11. Suicide doesn't solve your problems, but it creates horrible ones for those you leave behind
12. Your life matters
13. Things will get better, trouble don't last!

Discussion Question

- In 13 reasons why, based off what you saw/ heard from me, what are some ways or things Hannah could chosen other than suicide?
- If in need of help who can you call for support?