

# *13 Reasons Why*

## Discussion on Suicide Awareness



Credit: © 2017 Netflix



Credit: © Penguin Group (USA) 2016



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# Today's Agenda

1. Summarize the Show
2. Important Aspects of the show to consider
  - May not be exhaustive, but we will do our best to cover as much as possible!
3. Suicide Warning Signs and Triggers
4. What you can do

# The show and the book



- Book publication: 2007
- Netflix series: March 31, 2017
- Premise: Hannah Baker recently committed suicide, leaves behind tapes **explaining “I’m about to tell you the story of my life. More specifically why it ended, and if you are listening to these tapes, you are one of the reasons why...”<sup>1</sup>**

# Important considerations

This webinar is not to tell you whether you should or should not watch the show, but to inform and equip you to address the important issues with youth.





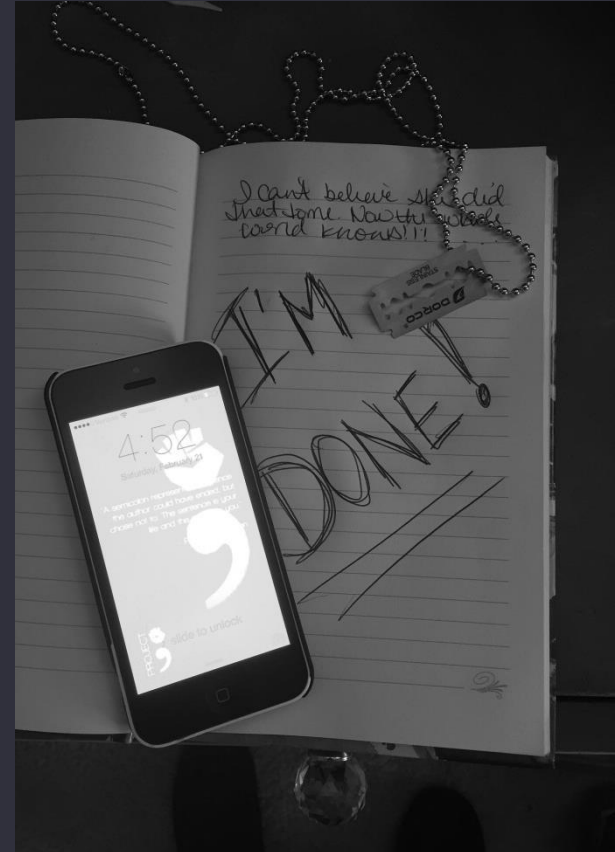
# Regarding the show's depiction of mental illness



- The story is shared through the lens of someone with mental illness
  - Does not specifically speak on mental illness
- Real depictions of the link between trauma and mental illness

# Regarding Trauma

- The story takes place in a small town with the primary setting being the high school
- It is clear that the high school has a culture of bullying
- Depicts the secretive components of bullying
  - No one feels they can speak up, everyone is helpless on where to turn and fearful of getting in trouble



# Adult Relationships

- Generally depicts the adults in the show as ignorant or incompetent
- School (administration) is seen as reactive or as looking out for itself, not the best interest of the students
- The Guidance Counselor



# Other words of caution

- The show depicts in graphic detail a rape, a suicide, and frequent drug and alcohol consumption
- A word on surviving suicide.
  - The natural reaction is blame oneself
  - The story glamorizes suicide, the person who **died by suicide seems to “win”**
  - BUT - it shows in word or on screen what the survivors of suicide are actually feeling





# Trauma, Mental Illness, and Suicide



- We know that 90% of those who die by suicide had a diagnosable mental illness<sup>2</sup>
- 2<sup>nd</sup> leading cause of death among people aged 10-24<sup>3</sup>
- Witnessing or experiencing trauma significantly increases the likely of suicide<sup>4</sup>
- Roughly 80% of psychiatric inpatients have been physically or sexually abused<sup>5</sup>

2. University of Washington School of Social Work. [http://depts.washington.edu/mhreport/facts\\_suicide.php](http://depts.washington.edu/mhreport/facts_suicide.php)

3. <https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Suicide>

4. Quinnett, Paul (2013). *Question, Persuade, Refer: Ask a Question, Save a Life*. QPR Institute.

5. Rajan, D. (2004). Violence Against Women with Disabilities. National Clearinghouse on Family Violence (NCFV). [Online]. Cited September 20: [http://www.phacaspc.gc.ca/ncfv\\_cnivf/familyviolence/pdfs/2005femdisabl\\_e.pdf](http://www.phacaspc.gc.ca/ncfv_cnivf/familyviolence/pdfs/2005femdisabl_e.pdf)

# Food for Thought

For those who have seen the show/read the **book...**

As we go through the suicide warning signs, think about how many of the following **warning signs were present in Hannah's story.**



# Suicide Warning Signs



## Verbal

- Direct statements such as “I want to kill myself” or “I wish I were dead”
- Indirect statements such as “I’m tired of living,” “Living is useless,” “My family/friends would be better off without me,” “My life doesn’t matter anyway,”

# Warning Signs Continued

## Behaviors

- Donating/Giving away possessions frequently, or giving away cherished possessions
- Drastic changes in behavior, dress, and/or relationships, not getting along with people
- Irritability, tantrums/fights, aggressive behaviors
- Scheduling an appointment to see a doctor out of the blue and without good reason
  - 80% of those who have died by suicide, visited with their doctor within the month prior to the suicide
- Suspicious behaviors like going out at odd times, not being home or around much
- Lack of interest in things of typical interest

# Warning Signs continued

## Life Experiences/Situational considerations

- Big life changes
  - Rejection, ended relationship (break-up, friendship ended, teacher, school counselor, etc.)
  - Recent move or change in school
  - Loss of loved one to death or divorce
  - Anticipated losses

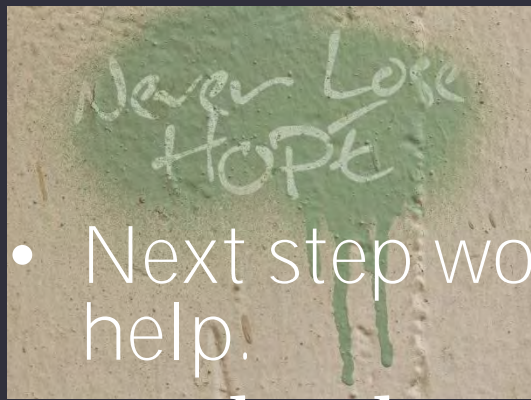




# What do you do?



- Ask/express your concern!!
  - Direct approach: Have you thought about killing yourself? Are you thinking about suicide?
  - Indirect: do you feel hopeless? Have you been so unhappy that you wished you were dead?
- **You are not going to “put the idea of suicide” in their head**
- **Don’t be afraid to make someone mad or “annoy them”** – would you rather have someone mad at you or dead?



# What do you do?

- Next step would be to encourage someone to get help.
- **Do they have a “adult”? Perhaps that’s you, a teacher, youth minister, pastor, parent, grandparent.** Encourage them to open up.
  - In a school setting there might be a counselor or social worker that can be involved.
- Are they seeing a counselor? If not, encourage them to go, perhaps offer to go with the if that would help.
- Depending on the level of severity, either keep them under close supervision by friends and family, or take them to the local hospital/emergency room

# Local Resources

- Crisis Line:
  - National Suicide Prevent Hotline: 800-273-TALK
  - Families First: 317-251-7575 or text CSIS to 839863
- Outpatient services:
  - Catholic Charities: 317-236-1500
  - Visit [www.archindy.org/marriageandfamily](http://www.archindy.org/marriageandfamily)
- See the Mental Wellness Resources handout attached

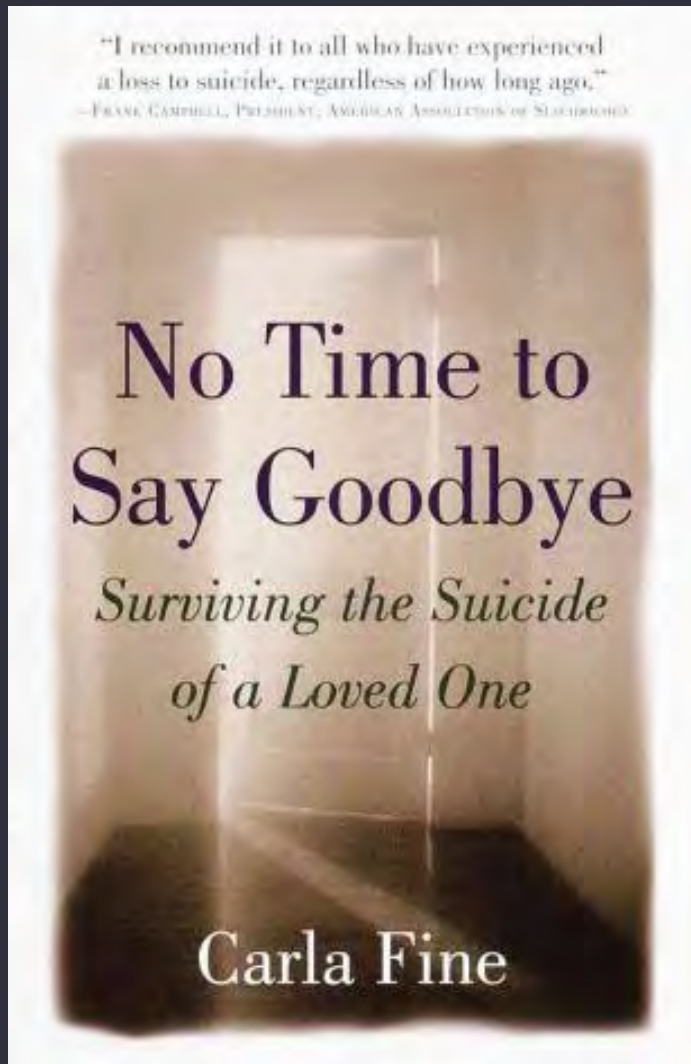


# Processing the Show

A Few Questions to consider asking when processing with youth who have watched the show:

1. What is your takeaway from the show/book?
2. **What's your school culture like? How is it them same, how is it different from the school in the show?**
3. What mental illness present in the show? If so where, if not, how could it have been better?
4. What was accurate about the show, what was inaccurate?
5. What about relationships was real or accurate, and what was not?
6. **What could Hannah's friends and peers done different to show support to Hannah? What could they have done to prevent her from her suicide?**
7. **Hannah was often disregarded for being "overly emotional" and a "drama queen." Do you know anyone like that? Have you thought perhaps they may be struggling emotionally or psychologically?**
8. **Do you know any "Hannah's" right now who are struggling emotionally or physically?**
9. What do you do when you are stressed out?

# A few more things...



- Penguin Publishing's Discussion Questions and Study Guide for the book
- For those who have lost a loved one to suicide: *No Time to Say Goodbye: Surviving the Suicide of a Loved One*



# archindy.org/abuse/reporting



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## Child Safety / Misconduct Reporting

### Reporting Information

#### Who Should Make Reports

- Victims of child sexual abuse by a person ministering on behalf of the Church
- Persons with a suspicion that a child may be sexually abused by a person ministering on behalf of the Church
- Persons concerned about violations about our Code of Conduct regarding appropriate behavior with children by any person ministering on behalf of the Church

#### How to Make a Report

- By phone: Please contact Carla Hill, our victim assistance coordinator, at (317) 236-1548 or (800) 382-9836, ext. 1548
- By e-mail: Please e-mail Carla Hill at [chill@archindy.org](mailto:chill@archindy.org).
- Online: Please make a report at [www.archdioceseofindianapolis.ethicspoint.com](http://www.archdioceseofindianapolis.ethicspoint.com). You do not have to give your name.

Indiana law requires that any individual who has reason to believe that a child is a victim of abuse or neglect must report immediately to:

- The local Child Protection Services agency (Hotline: 800-800-5556), or
- A local law enforcement agency.

Under Indiana law, it is a criminal act not to make such a report. This law applies to *all adults without exception*.

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So much more could be said here, but  
let's open it up for questions.