



Whitehall Central School District

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Rosemary Olson
School Psychologist (6-12)

Mary Douglas
School Social Worker (K-12)

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School Counselor (6-8)

Kristen Carey
School Counselor (9-12)

COUNSELING RESOURCES AVAILABLE

May is Mental Health Awareness Month. We want to take this time to let you know about supports that are available to your children if they are struggling. This has been a very important topic of discussion recently in light of the new Netflix series, *13 Reasons Why*, based on Jay Asher's novel of the same name. The premise is about a 17-year old girl who commits suicide and leaves behind audio recordings for 13 people who she says in some ways were part of why she killed herself. Many young people have been watching this series.

Mental health professionals are concerned that the storytelling may lead impressionable young people to romanticize the choices made by the characters in the show. Studies show that vulnerable teenagers are 4-5 times more likely to commit or attempt to commit suicide when they see images depicting suicide.

We encourage you to become informed as to whether or not your child is reading the book or watching the series. It is highly recommended by professional experts that children do not do so without adult supervision, particularly for those who are vulnerable to the issues or have experienced trauma.

Below are links to resources that provide assistance, a list of talking points for talking with your child about *13 Reasons Why* and additional local resources available for counseling support. As always, please reach out to one of us if we can help you or your child. The following are some local resources for more intensive counseling services available in our area.

Tips for talking with your child – “13 Reasons why Talking Points from SAVE and the Jed Foundation”

<https://www.save.org/13-reasons-why/>

Guidance on “13 Reasons Why” from the National Association of School Psychologists

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>

Suicide Prevention: JED Foundation

<https://www.jedfoundation.org/>

Get Help Now: Text START to 741-741 or Call 1-800-273-TALK (8255)

Caleo Counseling Services
3043 State Route 4 Hudson Falls
518-747-8243

True North at 499 Glen
499 Glen Street Glens Falls
518-798-9187

Adirondack Samaritan Counseling Center
15 Boulevard Hudson Falls
518-747-2994

Again, please feel free to contact your child's school counselor with any concerns and thank you for your continued support and attention to this matter.

Whitehall Counseling Staff