

Harvard Health Publications of Harvard Medical School suggest the following:

## 5 Tips for Teens Reading 13 Reasons Why

- ◆ **The struggles and feelings Hannah has are common.** So very many teens have trouble fitting in, or experience bullying, or have relationship problems, for example. Sometimes teens can feel like they are the only ones for whom life isn't working out. Talking about this can put it in perspective, and allow you to see that...
- ◆ **There are other and better solutions than suicide.** As horrible as a situation might feel in the moment, there is always something that can be done, and there is always someone who can help. Things can get better — unless you are dead, in which case they can't. However, in order to get help, you have to let someone know you need it. So...
- ◆ **If you ever start thinking about suicide, at all, tell someone.** The best "someone" is someone who can help, or help you get help, like a parent, a teacher, or your doctor. But the most important thing is to tell someone. If you don't feel comfortable telling someone you know, there are hot-lines you can call, like:



## 5 Tips for Teens Reading 13 Reasons Why Continued...

- ◆ **If someone ever says that they are thinking about suicide, take it seriously.** Don't brush it off as a joke, don't act like it's no big deal or just a bad day. Act like they mean it, and get them help. You should also react and get help when someone is acting sadder than usual, is isolating herself or himself more, or is otherwise acting different in a way that is worrisome. If it turns out to be nothing, they will at least know how much you care about them. Which leads to another important message...
- ◆ **We all** have the power to help — or hurt — people every day. The people around Hannah didn't realize how much they were hurting her, or how they could have helped her. Comments and actions that seem small can be devastating; kindnesses that seem small can make all the difference. If we use this Netflix series to talk about how we are responsible for each other, and how we need to take better care of each other, it could not only help us be better people, it could save lives.



## Thirteen Reasons Why

By Jay Asher

Reading or  
watching the  
Netflix series?  
Here are some  
other things  
you should  
know...





## A message from your librarians



It's pretty cool and exciting when everyone is buzzing about a new popular book or show. But usually what creates the buzz is some kind of tension, a difficult topic that people have different points of view on. We think it's really important to talk about what you are reading and watching in situations like this and to figure out how to "unpack" or process the challenging ideas or things you may be watching or reading. Talking to your parents or another trusted adult about mental health and suicide is a really good idea and there are lots of other people who are also available to help you in lots of different ways. You will find some of that information here. We hope that you can use the resources in here to help you continue to develop your enjoyment of reading and consuming other forms of entertainment. That includes learning how to parse out fact from fiction, knowing where to find more information on a presented topic and figuring out what to do with tough real-life topics and situations that come up and that you or a friend may need help working through. Take care of yourself, take care of each other.

from your librarians

## Additional Reading

Not sure what everyone is getting all worked up about? Teen Vogue has an interesting Op-ed article online where "suicide prevention advocate MollyKate Cline explains what's missing in the new Netflix series 13 Reasons Why". You can see it by visiting <http://www.teenvogue.com/story/what-netflix-thirteen-reasons-missing-mental-health>

Here are some other interesting books that deal with the subject of mental health:

### Teen Nonfiction

(Find these books by Dewey number in teen nonfiction)

Vicious edited by Hope Venderberg (302.343 VIC)  
We Are the Youth by Laurel Golio (306.768 GOL)  
Bullied Kids Speak Out by Jodee Blanco (302.343 BLA)  
It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living edited by Dan Savage and Terry Miller (306.766 IT G)  
The Burn Journals by Brent Runyon (362.28 RUN)  
Depression : a teen's guide to survive and thrive by Jacqueline B. Toner, PhD and Claire A.B. Freeland, PhD. (616.8527 TON)  
Find more books under these Dewey numbers: 305, 362 and 616

### Teen Fiction

(Find these books by author's last name in teen fiction)

My Heart and other Black Holes by Jasmine Warga  
100 Sideways Miles by Andrew Smith  
It's Kind of a Funny Story by Ned Vizzini  
Fat Kid Rules the World by K.L. Going  
Forgive Me, Leonard Peacock by Mathew Quick  
This Song Will Save Your Life by Leila Sales  
Silhouetted by the Blue by Traci L. Jones  
Challenger Deep by Neal Shusterman  
Speak by Laurie Halse Anderson  
Exit, Pursued by a Bear by E.K. Johnston  
Yaqui Delgado Wants to Kick Your Ass by Meg Medina

If you or someone that you know needs help here are some phone numbers that

Addiction Recovery Center	(303) 441-1281
Alternatives for Youth	(303) 776-2983
Attention Homes- Drop-in youth resource center & emergency shelter:	(303)447-1207
Boulder County PFLAG	(303) 444-8164
Boulder County Rape Crisis	(303) 443-7300
Boulder County Safe House	(303) 444-2424
Boulder Gay Information Hotline	(303) 939-8588
Boulder Co. Mental Health Partners	(303)443-8500
Boulder Co. Safe House for Women	(303) 449-8623
Boulder Valley Women's Health Center	(303) 442-5160
Child Protection	(303) 678-6000
Cleo Wallace Emergency Intake	(303) 466-7391
Colorado Crisis Service	1(844) 493-8255
<a href="http://coloradocrisisservices.org/">http://coloradocrisisservices.org/</a>	
El Comité	(303) 651-6125
Emergency Suicide Prevention Line	(303) 447-1665
GLBT Resource Center	(303) 492-1377
HIV Testing and Counseling and STI Information - The Works	(303) 413-7500
Inn Between, Longmont	(303) 684-0810
Longmont Police Department	(303) 651-8555
Longmont Safe Shelter of St. Vrain Valley 24/7 crisis line, Spanish & English	(303) 772-4422
Longmont Safe Shelter of St. Vrain-office line; Monday-Friday 8 AM to 6 PM;	
Spanish and English	(303) 772-0432
Longmont United Hospital	(303) 651-5111
Longmont Youth Center	(303) 651-8580
Mental Health Partners	(301) 413-6263
Mental health Partners	
Emergency Psychiatric Service	(303) 447-1665
National Runaway Switchboard	(800) 621-4000
O.A.S.O.S	(303) 678-6139
People's Clinic	(303) 449-0858
Planned Parenthood	(303) 447-1040
Salud Clinic	(303) 776-3250