

SJPS SELF-CARE SERIES

Issue 2 - March 2018

13 REASONS WHY...

Netflix's "13 Reasons Why" Season 2 on the horizon...

Last year Netflix released *Thirteen Reasons Why*, a 13 episode series based on the book by Jay Asher. It is a fictional story of a high school student who dies by suicide leaving 13 tapes behind explaining the involvement of 13 people in her life that "influenced" her suicide. Each episode is focused on 1 of the 13 tapes.

**There are many heavy, emotional topics covered within this series and we do not recommend that vulnerable youth, especially those who have any degree of suicidal ideation, watch this series.

While many youth are resilient and capable of differentiating between a tv drama and real life, engaging in thoughtful conversations with them about the show is important.

The series does not emphasize that common among most suicide deaths is the presence of treatable mental illness. Suicide is not the simple consequence of stressors or coping challenges, but rather, it is most typically a combined result of treatable mental illness and overwhelming or intolerable stressors.

Consider the following tips when viewing the series:

*<https://www.schoolcounselor.org/asca/media/asca/FactSheets/AFSP13Reasons.pdf>

*<https://www.jedfoundation.org/13-reasons-jed-point-view/>

Other Resources:

Take a look:

Depression, Suicide and the Power of Hope | Gill Hayes | TEDxExeter

*https://www.youtube.com/watch?v=MioVX7qKQ24&disable_polymer=true

Try this app:

Virtual Hope Box
by National Center for Telehealth & Technology
*<https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8>

National Suicide Prevention Hotline

If you or someone you know needs immediate help:
text 741741 or
call **800-273-TALK (8255)**

JED Foundation

JED exists to protect emotional health & prevent

suicide for our nation's teens & young adults

*<https://www.jedfoundation.org/mental-health-resource-center/>

Be Vocal, Speak Up

An initiative encouraging people across America to use their voice in support of mental health.

*<http://www.bevocalspeakup.com/>

At SJHS:

GO Time

*Research based tips to improve mental health

Advisory

*theme continues to be empathy

Guidance

*collaboration with the Berrien County Health Department about their services and utilizing their help in facilitating *focus groups* with students to help understand & impact how students are dealing with stress
*shared resources for SJHS parent blog

Other

**Wellness Activity* afternoon coming up after Spring Break for 9th & 10th graders

At Upton:

All School Assemblies

*"Feel the Love"
*Google - internet safety

GO Time

*Team building activities and tips on managing stress/anxiety

Guidance

*classroom presentations on healthy relationships, decision-making, & self-esteem
*Unity Day activities & awareness
*parent resources on Guidance Blog UMS GUIDANCE BLOG