

We're aware concerns have been raised about the new Netflix drama series *13 Reasons Why* which revolves around the suicide of a young female character, Hannah, and the thirteen reasons why she took her own life.

There is an excellent two-pager with guidance on [how to talk to young people about '13 Reasons Why'](#) that has been produced by Headspace in Australia which we would encourage members to use if they are in contact with individuals who are concerned about the series.

The NSPA shares some of the concerns raised around the risks posed, particularly to young people, in the depiction of Hannah's suicide which breach Samaritans' media guidelines, and want to reassure members by updating you on some of the work going on behind the scenes to address these.

Samaritans' media advisory team have been in contact with Netflix in the UK about this and there are on-going discussions around the importance of responsible depictions of suicide. As is always the challenge working with organisations with an international reach or who are not UK-based, there are limits on what can be done to remove or alter content. They have however, agreed a number of measures to try and minimise the potential for harm, particularly on vulnerable young people, including:

- Some of the episodes in the series are classified as only suitable for over 18s (in the UK)
- The series includes a warning at the start, highlighting sensitive content
- Samaritans' helpline is signposted for any viewers who feel affected by the issues raised in the series
- This UK model of viewer support is now being replicated in all countries where the series is available.

Samaritans has also recommended that Netflix produce a short after-film with the actors discussing some of the issues raised in the series - as a way of grounding viewers by returning back to the reality of these things, and is collaborating with organisations in other countries to raise concerns with Netflix internationally.

Professor Rory O'Connor, Director of the Suicidal Behaviour Research Laboratory at the University of Glasgow has written a very good [blog](#) commenting on both the concerning aspects of the series such as its breach of media guidelines, but also recognising the need to speak openly about some of the issues raised.