



360 Youth Services Resources for Parents: Talking with Your Teen About *13 Reasons Why?*

360 Youth Services Clinical Director Margot Smith offers the following resource links to support you in talking with your teen about the show *13 Reasons Why?*:

- [Information Parents Should Know about 13 Reasons Why](#) (Chicago Now)
- [What Viewers Should Consider](#) (JED Foundation)
- [Talking Points for Viewing and Discussing](#) (JED Foundation)
- [5 Things to Tell Your Child About 13 Reasons Why](#) (Harvard)
- [Discussion Guide for Teachers](#) (We Are Teachers)

There is help for anyone struggling with thoughts of suicide. If you or someone you know needs immediate help, you have options:

- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- National Suicide Prevention Text Line: Text 741741
- Call 9-1-1
- Take the person to an emergency room.

360 Youth Services Counseling Department

360 Youth Services provides youth focused support, for young people ages 10-25 and adults in their lives. For more information, or to schedule a Counseling appointment:

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