

Dear Austin ISD Families,

We know that many students last year watched the Netflix series *13 Reasons Why*. With the second season being released May 18, we wanted to take this opportunity to share some information with you.

Based on the book by Jay Asher, the show sensationalizes serious themes, including drug use, sexual assault and suicide. Even if your children are not watching the show, they may be hearing about it from their peers. Counselors and administrators are addressing concerns as they are brought to our attention. We take every report we receive seriously.

Schools have an important role in preventing youth suicide, and being aware of potential risk factors is vital. We would like to ask you to partner with AISD to help students in need. You can make a world of difference by following these three simple steps:

**Know the warning signs of suicidal ideation:**

- Talking or joking about suicide.
- Seeking out weapons, pills or other ways to die.
- Making statements about feeling hopeless, helpless or worthless.
- Writing social media posts about death, dying or suicide.
- Giving away prized possessions.
- Saying goodbye to friends and family as if for good.
- **Changes in behavior can also be a warning sign:**
  - Changes in school attendance or grades.
  - Changes in eating and sleeping habits.
  - Increased use of alcohol and/or drugs.
  - Change in friendships, or withdrawing from friends and social activities.
  - Mood swings or personality changes.
  - Loss of interest in activities.
  - Bullying (both the victim of bullying and the bully are at risk.)

**Talk to your children:**

- Let your children know you care.
- Do not be afraid to ask your children if they have or are thinking about suicide.

**Seek help:**

- If it is an emergency, call 911.
- Contact your child's pediatrician or doctor.
- Contact a local mental health provider—Integral Care at 512-472-HELP (4357), the [National Suicide Prevention Lifeline at 1-800-273-TALK \(8255\)](#) or text "HELLO" to 741741.
- Notify your child's campus administrator and counselor.

Attached you will find information on resources available for anyone struggling with mental health issues, including help for anyone who may be struggling with thoughts of suicide. Please do not hesitate to reach out to your child's school counselor for help.

We care deeply about the well-being of all our students and we know that you care about the well-being of your child. By working together, we can make a difference for all students at AISD. Thank for your support.

Sincerely,

AISD Counseling Office

