

## 13 Reason's Why Not!



With so much controversy surrounding the Netflix Original show “13 Reason’s Why” there has been so much talk about suicide and how is the media portraying this stressful topic. There are so many questions we need to ask ourselves in order to seriously take a stand against glorifying suicide.

Is the media glamorizing the topic of suicide as a way to seek revenge on individuals who have treated us wrong? Has the media addressed the mental health issues surrounding the topic of suicide? Are the facts surrounding suicide being made aware of? Has the media suggested ways for teens to seek out help in regards to suicide? Is the media showing enough about what is available to help teens with their emotions and feelings? The bottom line question is: What message is being sent in regards to suicide from the media?

### **NAMI McHenry County wanted to provide some facts surrounding suicide:**

#### ***Nationally:***

- According to the [Center for Disease Control](#), suicide rates have increase by 30% since 1999.
- Nearly [48,000 Americans](#) died by suicide in 2017.
- Mental Illness plays a role in 90% of suicides.
- Suicide is the 10<sup>th</sup> leading cause of death in the U.S.
- There were an estimated 1,400,000 suicide attempts in the U.S. in 2017.

#### ***McHenry County:***

- Suicide took the lives of 35 residents in 2015, 23 in 2016 and 43 in 2017.
- According to the results of McHenry County’s 2017 Healthy Community Study, during the 12 months of 2016, 8.6% of our households had thoughts about suicide.
- Studies show that there are more than 25 attempted suicides for each suicide death.

### **Suicide Prevention Awareness Programs:**

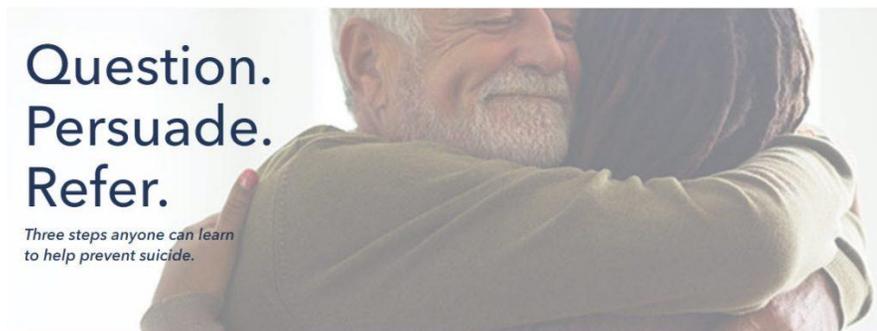
- Identify and support people who are at risk of suicide
- Question, Persuade and Refer (QPR) Training
- Mental Health First Aid Classes – Adult and Youth
- Foster a positive public dialog that counters shame, stigma and silence
- Support, educate and advocate mental health awareness

### 13 Considerations to Suicide Prevention

- You are NOT alone
- Suicide is NOT a form of revenge
- Negative circumstances are temporary
- There are counselors, agencies, helplines that are there to assist in time of need
- The opportunity to overcome and shine
- Hope
- Will create heartbreak and suffering to loved ones
- You MATTER
- Happiness comes from within
- Life is an opportunity to grow
- Life is worth living

- It is not time to go
- Nation Suicide Prevention Lifeline – 800-273-8255

As a community, let's address this subject full on and seek ways to bring awareness to suicide prevention.



Checkout our website: [namimchenrycounty.org](http://namimchenrycounty.org)