



## Lutheran Suicide Prevention Ministry

<http://www.luthेरansuicideprevention.org>

Social media offers many questionable products that can be used for education or harm to our young people and their families.

We wish to review these in this issue and offer resources that help us all deal with them.

A Netflix series is offered online entitled "13 Reasons Why" and depicts a young teen taking her life and explains the reasons for her decision.

Because of the graphic nature of this video and script, vulnerable persons can be encouraged or discouraged about life----depending on their support and community surrounding them.

This following website gives many resources for parents, school personnel, clergy, caregivers of any kind---to discuss and handle the impact of this series.

[http://www.sprc.org/13-reasons-why?utm\\_source=Weekly+Spark+5%2F19%2F17&utm\\_campaign=Weekly+Spark+May+19%2C+2017&utm\\_medium=email](http://www.sprc.org/13-reasons-why?utm_source=Weekly+Spark+5%2F19%2F17&utm_campaign=Weekly+Spark+May+19%2C+2017&utm_medium=email)

It has become increasingly clear that the way suicide is described and depicted in the media can actually raise the risk of “copycat” behavior in a small portion of those seeing or hearing these depictions.

Reports or shows that include or describe details of the death (such as how and where it happened) or details about the person who died or that describe the suicide in a way that appears heroic, romantic or based on simple events or causes, can raise risk for some.

Also, language that conveys that suicide is a common, typical or reasonable response to events is problematic. And finally, depictions that suggest that suicide is a way to get back at others or alternatively to get attention or be recalled lovingly are also potentially concerning.

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The following is a framework for successful messaging for suicide prevention. It is from the Action Alliance Framework for Successful messaging:

<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>



 National Action Alliance for Suicide Prevention  
*Framework for Successful Messaging*

**News Flash:** Facebook has upgraded its response to suicidal posts and offers subscribers more options to help and support those with suicidal despair:

<https://www.facebook.com/help/594991777257121/>

Click into the above link and find out how YOU CAN MAKE A DIFFERENCE!

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**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**Veterans Crisis Line**  
1-800-273-8255  
PRESS 1

**CrisisChat.org**  
Online Emotional Support

**CRISIS TEXT LINE**  
Help at your fingertips, 24/7  
Text START to 741-741

**Veterans Text 838255 TTY 800.779.4889 www.veteranscrisisline.net**

**MY3**  
MY3 is a free app for your phone or tablet that helps you plan your safety net, who to talk to, safe places, and coping

Para obtener asistencia en español llame al > 1-888-628-9454

**LGBT NATIONAL HOTLINE**

Your generous donation to continue our work is deeply appreciated.

<http://www.luthersuicideprevention.org/support-our-ministry/>

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