

Media release



headspace[®]

National Youth Mental Health Foundation

Level 2, South Tower

485 La Trobe Street, Melbourne VIC 3000

Tel +61 3 9027 0100 Fax +61 3 9027 0199

headspace.org.au

headspace and Netflix collaborate to keep young Australians safe and informed before the release of *13 Reasons Why*, Season 2

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headspace and global streaming platform Netflix have collaborated ahead of the release of *13 Reasons Why*, Season 2 to create safe and informative resources for young people, parents and schools.

Due to the global impact and difficult themes depicted in the first series, **headspace**, the National Youth Mental Health Foundation, is encouraging young Australians and their parents to be safe and informed before watching the show.

headspace CEO Jason Trethowan said *13 Reasons Why* has shone a light on tough and difficult topics, bringing them into mainstream discussions.

“Television shows can provide parents and schools the opportunity to have conversations with young people about important issues which is great, however, there is the potential for these conversations to do more harm than good. Our aim is to ensure that young people, parents and schools are supported and equipped to have constructive conversations about the themes that are depicted in the show,” Mr Trethowan said.

headspace Head of Clinical Practice, Vikki Ryall said another key aim was to support young people who may be distressed by the show’s content.

“The likelihood that the content will be distressing or triggering for some viewers will depend on their individual life experiences and current circumstances. No two people will take exactly the same meaning or understanding out of the same episode,” Ms Ryall said.

“By providing young people with tips on how to watch the show safely and ensuring they know how to seek help we can ensure distressed viewers can be supported.”

Three tailored resources have been created to reach as many people as possible. The resource for young people will provide tips on how to safely watch the show, how young people can look after themselves, and how to have helpful conversations with their friends and families.

The resources for parents and schools will provide information on how to have safe conversations about the show and how to respond to each of the difficult and tough themes appropriately.

Netflix have included warnings and help-seeking information before, and at the end, of each episode for this upcoming season of the show. There is also a designated webpage where the resources will be housed along with a set of videos from the cast addressing issues depicted in the show, and detailed help seeking information for young people.

“While we cannot and would not stop anyone from watching *13 Reasons Why*, we can make sure people have access to helpful and safe information, and remind everyone that there is help available if required,” Mr Trethowan said.

The tailored resources will be made available on the *13 Reasons Why* website – 13reasonswhy.info and the **headspace** website - headspace.org.au just prior to the launch of the second season on Friday 18 May 2018.

ENDS

If you or someone you know is struggling, visit headspace.org.au to find your nearest centre or call **ehheadspace** on 1800 650 890. If you are in need of immediate assistance, please call Lifeline on 13 11 14, Kids Help Line on 1800 55 18 00 or 000 if it is an emergency.

When reporting on the topics of suicide or mental illness, journalists are encouraged to refer to **Mindframe** reporting guidelines: mindframe-media.info/for-media

For an interview with Head of Clinical Practice Vikki Ryall please contact:

Annie Waterworth

headspace Media and Communications Coordinator

0413 025 385 or awaterworth@headspace.org.au