

# Look for the following warning signs of severe depression and a possible suicide attempt.

- Threatening or talking of wanting to hurt or kill him/herself
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide
- Displaying hopelessness
- Expressing rage or uncontrolled anger
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Expressing feelings of being trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends and family
- Exhibiting anxiety and/or agitation
- Experiencing disturbances in sleep patterns (e.g., unable to sleep or sleeping all the time)
- Displaying dramatic mood changes
- Giving away prized possessions
- History of previous suicide attempts or suicidal behaviors

If you or someone you know is experiencing one or more of these symptoms,

**tell someone immediately**  
and/or contact

the National Suicide Prevention Lifeline  
at

**1-800-273-TALK**  
**(1-800-273-8255)**

The Tennessee Suicide Prevention Network is a grass-roots association that works across the state to eliminate the stigma of suicide and educate communities about the warning signs of suicide, with the ultimate intention of reducing suicide rates in the state of Tennessee.

TSPN observes Suicide Prevention Awareness Month every September, planning events across the state to promote suicide prevention. For more information or to get involved with the Network, refer to our contact information below.



For information about suicide prevention training, contact the Tennessee Suicide Prevention Network.  
at  
(615) 297-1077  
or  
tspn@tspn.org

This announcement is courtesy of the Tennessee Suicide Prevention Network.  
(615) 297-1077      www.tspn.org      tspn@tspn.org



# Suicide is one of the greatest public health threats in the state of Tennessee.

Each year in Tennessee, an estimated 800 men, women, and children die by suicide—more than the number killed by homicide, AIDS and drunk driving.

The Tennessee Department of Health reports that 4,128 Tennesseans died by suicide between 2003 and 2007.

During that same period, there were an estimated 413 additional unreported suicides.

Also in the last five years, roughly 412,800 Tennesseans have attempted suicide or engaged in non-fatal suicidal behavior, and more than 24,000 others have experienced suicidal thoughts.

Overall, one out of every twelve Tennesseans has been affected by suicide in the last five years.

In Tennessee there were 965 deaths by suicide in 2008, an increase of 22% since 2004.

In 2007 Tennessee's suicide rate was 13.7 per 100,000 population, higher than the national average of 11.5 per 100,000. Currently Tennessee's suicide rate ranks 20th in the nation.

Death by suicide occurs among all ages, gender, races, and ethnic populations.

More suicides occur among the workforce than any other demographic.

The majority of those who die by suicide have seen their primary care doctor prior to their death. This is especially true among the elderly.

See the reverse side for the warning signs of suicide and information about the National Suicide Prevention Lifeline.



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