

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)

or text TN to 741741

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.



"Saving Lives in Tennessee"



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 1,000 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 4,137 Tennesseans died by suicide between 2013 and 2016.

During that same period, there were an estimated 479 additional unreported suicides.

Also in the last five years, roughly 479,000 Tennesseans have attempted suicide or engaged in non-fatal suicidal behavior, and more than 27,000 others have experienced suicidal thoughts.

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

In Tennessee there were 1,110 deaths by suicide in 2016.

In 2016 Tennessee's suicide rate was 16.7 per 100,000 population, higher than the national average of 13.9 per 100,000. As of 2016, Tennessee's suicide rate ranks 22nd 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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