


September 2015

30 Days of Saving Lives in Tennessee

In advance, obtain [proclamations](#) from your local mayors.
Go online to www.tspn.org and click on the daily calendar for more tips and links to help you complete these daily tasks.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		1 Spend 15 minutes thinking about new ways to reach out in your community.	2 Send a message to everyone in your e-mail list about Suicide Prevention Awareness Month and events.	3 Arrange to have inserts put into next Sunday's church bulletin.	4 Wear the suicide prevention ribbon (all month) and explain what it means when asked.	5 Contact the media about Suicide Awareness and Prevention Month. Share the Mayor's Proclamation .
6 Add TSPN information to your e-mail signature. Ask others to do it too.	7 Put TSPN info out at your office / place of work.	8 Consider adding the Lifeline phone number to your website, e-mail, etc.	9 Attend the Suicide Prevention Awareness Day event in Nashville.	10 Post a Facebook message about TSPN and read the World Health Organization's report on suicide.	11 Leave TSPN info at your doctor's office.	12 Wear a TSPN t-shirt and participate in an awareness walk or mingle about around town.
13 Pray for suicide survivors .	14 Plan to set up a display at the public library or similar venue.	15 Invite at least one new person to attend the next regional meeting .	16 Subscribe to suicide prevention newsletters such the SPRC Weekly Spark .	17 Schedule a QPR training or other educational meeting.	18 Set up a plan to reach your region's survivors.	19 Attend a SOS meeting if applicable.
20 Offer to speak at a church about suicide prevention.	21 Agree to participate in one of your region's activities .	22 Add reminders to your calendar to do something to prevent suicide weekly.	23 Make a list of all the places your region has not contacted.	24 Leave funeral director suicide prevention guides at local funeral homes.	25 Schedule to set-up a quilt display for International Survivors of Suicide Day in November.	26 Consider adding the Lifeline phone number to your website, e-mail, etc.
27 Pray for survivors of suicide attempts .	28 Schedule to set-up a booth at another organization's event or meeting.	29 Tell five people about what you have done to promote suicide prevention. Ask them to help next month.	30 Download the TSPN App to your smartphone.	<h2 style="text-align: center;">Suicide Prevention Awareness Month in Tennessee</h2>		