

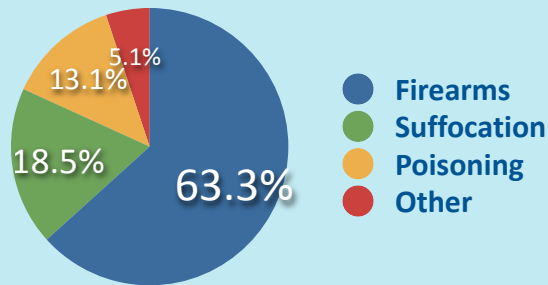
STATS & FACTS

Each year,

1000+
TENNESSEANS

die by suicide

Lethal Means



THE GOOD NEWS

9 out of 10 people show warning signs
BEFORE attempting suicide



So knowing the signs and taking

STEPS TOWARDS
A SAFER HOME

Can save the life of someone you care about

FURTHER INFORMATION

Visit tspn.org

WEB RESOURCES

To find out more about
suicide prevention in
Tennessee and
nationally,
check out these
websites:

sprc.org

zerosuicide.org

suicideproof.org

tn.gov/behavioral-health

suicidepreventionlifeline.org

PARTNERS

Tennessee Suicide Prevention Network
TDMHSAS
Mental Health Cooperative



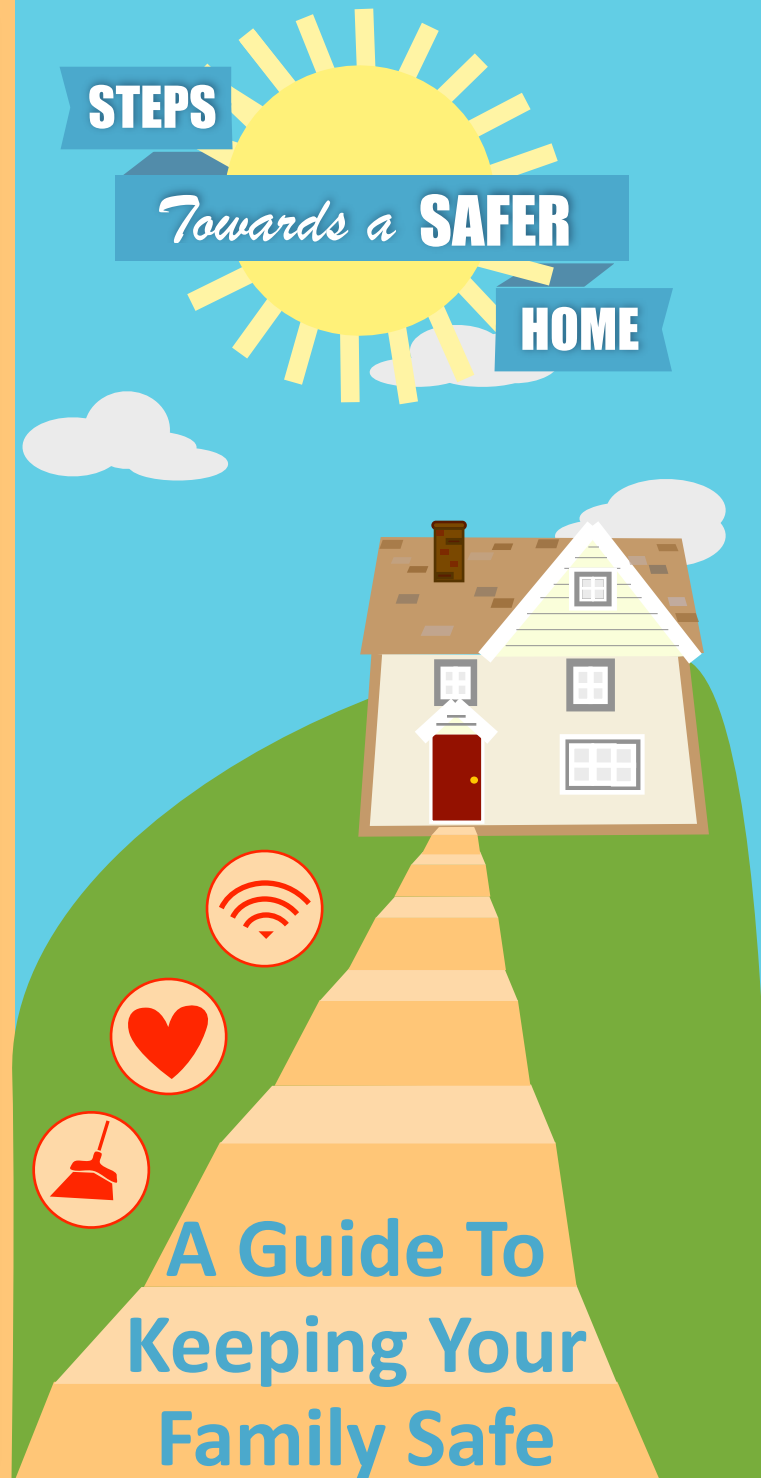
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CREATED BY EVE NITE

STEPS

Towards a **SAFER**

HOME



A Guide To
Keeping Your
Family Safe

THERE IS
HOPE,
THERE IS
HELP

STEPS TOWARDS A SAFER HOME



SAFETY SWEEP:

FACT: Restricting access to lethal means reduces suicide.

- Check each room for dangerous items like: razors, medications, sharp objects and guns.
- Temporarily lock or secure dangerous items outside the home.



SUPPORT:

FACT: Having supportive friends and family decreases the risk of suicide.

- Offer hope when someone has expressed thoughts of suicide.
- Seek help immediately and stay with them until they are safe.



SEEK HELP:

FACT: Treatment is 96% effective. Help is just a call, text, or click away.

- Learn about warning signs such as: drinking too much or abusing drugs, saying goodbye, changes in sleep or eating, talking about death or ending it all.
- Depression is the number one cause of suicide. It can look like anger, hostility or irritability. For more warnings signs:

VISIT tspn.org



STATEWIDE CRISIS LINE:
1-855-CRISIS1
NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)



IN CASE OF EMERGENCY:
Call 911 or visit your local
emergency department