



September 2017

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
 <p>Tennessee Suicide Prevention Network "Saving Lives in Tennessee" www.tspn.org</p>	<p>Suicide Prevention Awareness Month in Tennessee</p>		 <p>NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK www.suicidepreventionlifeline.org</p>		1	2
					Send a message to everyone in your e-mail list about Suicide Prevention Awareness Month and events.	Wear the suicide prevention ribbon (all month) and explain what it means when asked.
3	4	5	6	7	8	9
Arrange to have inserts put into next Sunday's church bulletin.	Invite at least one new person to attend the next regional meeting .	Contact the media about Suicide Awareness and Prevention Month. Share the Mayor's Proclamation .	Add TSPN information to your e-mail signature. Ask others to do it too.	Consider adding the Lifeline phone number to your website, e-mail, etc.	Put TSPN info out at your office / place of work.	Post a Facebook message about TSPN and World Suicide Prevention Awareness Day.
10	11	12	13	14	15	16
Pray for suicide survivors and survivors of suicide attempts .	Plan to set up a display at the public library or similar venue.	Subscribe to suicide prevention newsletters such as the SPRC Weekly Spark .	Attend the Suicide Prevention Awareness Day event in Nashville.	Schedule a OPR training or other educational meeting.	Wear purple or teal and take a picture to share on social media with #SpeakUpSaveLives17	Wear a TSPN t-shirt and participate in an awareness walk or mingle about around town.
17	18	19	20	21	22	23
Offer to speak at a church about suicide prevention	Attend a SOS meeting if applicable.	Leave TSPN info at your doctor's office.	Agree to participate in one of your region's activities .	Leave funeral director suicide survivor support guides at local funeral homes.	Schedule to set-up a quilt display for International Survivors of Suicide Day in November.	Subscribe to TSPN's Twitter feed (@TSPNorg) and follow TSPN on Tumblr .
24	25	26	27	28	29	30
Share one TSPN-Lifeline Keytag	Schedule to set-up a booth at another organization's event or meeting.	Tell five people about what you have done to promote suicide prevention. Ask them to help next month.	Add reminders to your calendar to do something to prevent suicide weekly.	Make a list of all the places your region has not contacted.	Download the TSPN App to your smartphone.	Spend 15 minutes thinking about new ways to reach out in your community.