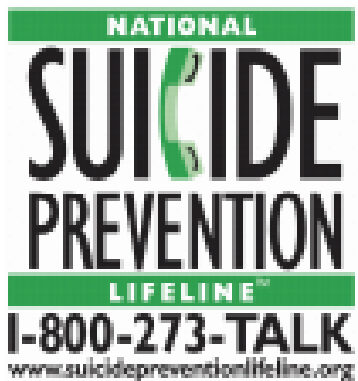




Saving Lives on Social Media

How to help someone who may be having thoughts of suicide:

- Show interest in the person and be supportive of him or her.
- Offer hope that there are alternatives to suicide.
- Take action. Utilize existing social media reporting methods and provide resources.



"Saving Lives in Tennessee"



Saving Lives on Social Media

Things to post when you see a concerning message on social media:

To someone who has expressed suicidal thoughts or a plan:

I am concerned about your safety and would like to offer help. The counselors at the National Suicide Prevention Lifeline are available 24/7 by calling 1-800-273-8255.

To a public post that may be more vague:

If you feel life is not worth living, please reach out to the Crisis Text Line at 741741. The crisis workers there are able to assist you confidentially, 24/7/365.

To a person who may be concerned about a friend or loved one:

Thank you for reaching out and caring about your suicidal friend. Feel free to give your friend the National Suicide Prevention Lifeline and Crisis Text Line.



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