



"Saving Lives in Tennessee"



Get Connected to Suicide Prevention Resources and Support

Awareness and Information

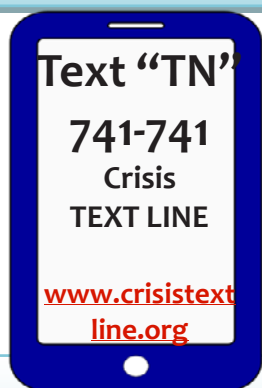
- * TSPN.org- Tennessee Suicide Prevention Network
- * JasonFoundation.com- The Jason Foundation
- * AFSP.org- American Foundation for Suicide Prevention
- * SPRC.org- Suicide Prevention Resource Center
- * Suicidology.org- American Association of Suicidology

Support

For Families and Friends of Suicide Loss

pos-ffos.com

Crisis Resources



1-855-CRISIS1 or 1-855-274-7471
Tn.gov/behavioral-health

Military and Veterans

- * Veterans Crisis Line-
 - * veteranscrisisline.net
 - * 1-800-273-TALK then Press 1
- * Wounded Warrior Project-
 - * woundedwarriorproject.org

Words of Hope Online

- * Live Through This- stories of suicide attempt survivors told from survivors
livethroughthis.org
- * Now Matters Now- shares strategies to survive and build more manageable and meaningful lives
nowmattersnow.org

Teens

- * Youth Suicide Prevention Program-
 - * yspp.org
- * Remedy Live- Chat Anonymously through tough situations
 - * remedylive.org



LGB&T

- * The Trevor Project-
 - * thetrevorproject.org
 - * 1-866-488-7386
- * Trans Lifeline- translifeline.org
 - * 877-565-8860
- * It Gets Better Project LGB&T Youth
 - * Itgetsbetter.org

Lifeline for Attempt Survivors:
Lifelineforattemptsurvivors.org



Suicide Prevention and Awareness Apps



Tennessee Suicide Prevention Network APP for iOS
<https://itunes.apple.com/us/app/tennessee-suicide-prevention/id646385350?mt=8>



Operation Reach Out - www.militaryfamily.com/downloads/apps;
a Smart Phone app aimed at preventing suicide among
military personnel and veterans



R U Suicidal? For Android and iOS; an app designed for some-
one who may be or is suicidal

<http://www.psychappsint.com/>



A Friend Asks app by the Jason
Foundation for Android and iOS
devices. Suicide Prevention,
warning signs, and resources
available.

[http://jasonfoundation.com/get-
involved/student/a-friend-asks-
app/](http://jasonfoundation.com/get-involved/student/a-friend-asks-app/)

Guard Your Buddy App
Download the app at:

[http://guardyourbuddy.com/get-
the-app/](http://guardyourbuddy.com/get-the-app/)



MY3



www.my3app.org for Android and iOS

You define your network (of your three), and plan to stay safe



Suicide Safe: The Suicide Prevention App for Health Care
Providers

<http://store.samhsa.gov/apps/suicidesafe/>



Hope Box: Supporting Behavioral health for military service
members and their families

<http://t2health.dcoe.mil/apps/virtual-hope-box>



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