 Each year, **1000+ TENNESSEANS** die by suicide.

**Lethal Means**
- Firearms: 51.1%
- Suffocation: 13.1%
- Poisoning: 18.5%
- Other: 63.3%

**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:
- suicideproof.org
- zerosuicide.org
- sprc.org
- suicidepreventionlifeline.org
- tn.gov/behavioral-health

**Partners**

**Tennessee Suicide Prevention Network**

"Saving Lives in Tennessee"

615-297-1077

**Department of Mental Health & Substance Abuse Services**

1-855-CRISIS-1 or 1-855-274-7471

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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