



*"Saving Lives in Tennessee"*

**FOR IMMEDIATE RELEASE**  
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### **TSPN Responds to Death of Chef and TV Personality Anthony Bourdain**

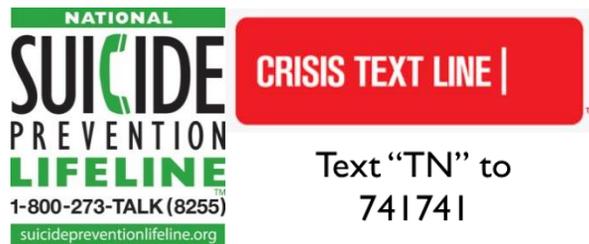
NASHVILLE, Tenn. — The Tennessee Suicide Prevention Network (TSPN) wishes to convey its sympathies on the loss of Anthony Bourdain, chef and author, who died today at the age of 61 from a reported suicide. We urge the press to take note that research shows responsible reporting (<http://tspn.org/for-the-media>) can help save the lives.

While the suicide rate is rising consistently across demographic groups, there was a 43% increase in suicide deaths of men aged 45-64 between 1997 and 2014 (CDC, 2016). According to the CDC, 11,943 men from this age group died from suicide in 2016. In Tennessee, these statistics echo similarly, with middle aged individuals, male and female, representing 627 of the 1,110 deaths by suicide in Tennessee in 2016. Males also represent a more than 3 to 1 ratio, in comparison to their female counterparts, with suicide deaths in Tennessee. All of this information and more on this at-risk group can be found in TSPN's annual Status of the Suicide in Tennessee 2018 (<http://tspn.org/sost>). In any given day, three Tennesseans lose their life to suicide.

Current research suggests that each death by suicide affects an average of 147 people who knew or were close to the deceased. Scott Ridgway, MS, TSPN's Executive Director notes that "an average of twenty-five of these survivors experiencing a major life disruption. These survivors, often family members and close friends may be impaired in basic day-to-day

functioning, with increased risk of developing depression or post-traumatic disorder. They are also at higher risk for considering or attempting suicide.” TSPN recommends that all familiarize themselves with the warning signs of suicide (listed at <http://tspn.org/warning-signs>) so they can get help for themselves and those around them as needed. TSPN is also available to provide a suicide prevention or awareness trainings across the state; to request a training visit our website (<http://tspn.org/request-training-now>).

The American Association of Suicidology offers SOS: A Handbook for Survivors of Suicide, a free guide written by a survivor for survivors that addresses the complicated aspects of suicide grief and loss (available at <http://tspn.org/for-survivors-of-suicide>). Additionally, many communities have a support group dedicated to suicide grief, providing additional insights and support sometimes not available in conventional grief support groups. TSPN maintains a list of such groups across Tennessee on its website (<http://tspn.org/for-survivors-of-suicide>).



TTY line: 1-800-799-4TTY (4889)

For non-emergency information on suicide prevention, contact the Tennessee Suicide Prevention Network at (615) 297-1077 or [tspn@tspn.org](mailto:tspn@tspn.org). More information about TSPN is available at the agency website ([www.tspn.org](http://www.tspn.org)).

TSPN is the statewide public-private organization responsible for implementing the Tennessee Strategy for Suicide Prevention. TSPN and its volunteers work across the state to organize activities & projects promoting suicide prevention awareness, providing suicide prevention & crisis intervention training to community organizations, and conducting postvention sessions for schools & organizations after suicides occur.

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