



"Saving Lives in Tennessee"

**FOR IMMEDIATE RELEASE
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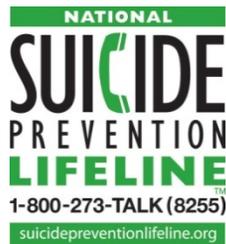
TSPN RESPONDS TO DEATH OF DESIGNER KATE SPADE

NASHVILLE, Tenn. —The Tennessee Suicide Prevention Network (TSPN) wishes to convey its sympathies on the loss Kate Spade, American fashion designer and businesswoman, who died today at the age of 55 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 of others with mental health conditions. 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>).

In any given day, three Tennesseans lose their life to suicide. Statistics show that 28 women die by suicide every day in the US and over 10,200 women take their own lives each year (CDC, 2017). For middle-aged women, suicide remains among the top 10 leading causes of death. While the suicide rate is rising consistently across demographic groups, risk peaks for women in middle age. There was a 127.67% increase in suicide deaths of women aged 45-64 between 1999 and 2016 (CDC, 2017). According to the CDC, 4,253 women from this age group died from suicide in 2016.

“Current research suggests that each death by suicide affects an average of 147 people who knew or were close to the deceased,” says Scott Ridgway, MS, TSPN’s Executive Director. “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.”

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://bit.ly/204tN8F>). 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>).



Text "TN" to
741741

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. More information about TSPN is available at the agency website (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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