You're Invited

Montgomery-Houston-Humphreys-Robertson-Stewart County Suicide Prevention Task Force

Youth Villages
651 Stowe Court
Clarksville, TN 37040

Meetings convene at 9 AM on the third Friday of the month, allowing for holidays. For details, check the TSPN meeting schedule on the website.

For more information, contact TSPN at tspn@tspn.org or (615) 297-1077.

The Network works to eliminate the stigma of suicide, educate the community about the warning signs of suicide, and ultimately reduce the rate of suicide in our state.

The Network goals are to coordinate and implement the Tennessee Suicide Prevention Strategies, based on the U.S. Surgeon General’s “Call to Action to Prevent Suicide.”

Who should be there?
- People concerned about family and friends
- Council members, police and law enforcement staff
  - Advocates and community volunteers
  - Workers in health, welfare or justice
    - Emergency service workers
  - Counselors, teachers and church workers
    - Mental health practitioners
    - Representatives from state departments

The printing of this booklet was made possible thanks to the generous contributions of the Tennessee Suicide Prevention Network.
Suicide is the tenth-leading cause of death in Tennessee, killing more people on an annual basis than homicide, drunk driving, or AIDS. Each year in Tennessee, about 1,000 people including every age group, race, geographic area, and income level and their lives due to suicide. Tennessee’s suicide rate is usually 20 percent higher than the national average.

Rural areas of Tennessee generally experience higher suicide rates than metropolitan or urban areas due to lower levels of social integration and reduced availability and access to public and mental health resources.

While all suicide occurs within all age groups, people 65 and older have a suicide rate far above the state average, with the highest rates among those 85 and older.

**Local Suicide Statistics**

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>AVERAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Davidson</td>
<td>74</td>
<td>72</td>
<td>91</td>
<td>88</td>
<td>92</td>
<td>110</td>
<td>87</td>
</tr>
<tr>
<td>Houston</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Humphreys</td>
<td>4</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Montgomery</td>
<td>22</td>
<td>33</td>
<td>21</td>
<td>37</td>
<td>40</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>Robertson</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>13</td>
<td>15</td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Stewart</td>
<td>4</td>
<td>4</td>
<td>6</td>
<td>7</td>
<td>6</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>TENNESSEE</td>
<td>938</td>
<td>966</td>
<td>1,017</td>
<td>945</td>
<td>1,065</td>
<td>1,110</td>
<td>1,005</td>
</tr>
</tbody>
</table>

This number includes only reported suicides and may actually be somewhat higher.

Surviving family members not only suffer the loss of a loved one to suicide, but are also themselves at higher risk of suicide and emotional problems.

**What to Do**

- When substance abuse co-occurs with depression and/or suicidal tendencies, both the depression and the addiction need to be treated—one affects the other.
- Interpersonal crises and financial difficulties are common here and should be taken very seriously—this population is already at high suicide risk.
- There is a real possibility of a suicide attempt while the person is intoxicated. Careful monitoring, removal of lethal means, or arrangement for an inpatient stay may head off a possible attempt.
The Tennessee Suicide Prevention Network is working with Veteran’s Administration across the state to address suicide prevention among veterans and other members of the military community.

During 2014, there were 136 confirmed suicides among active-duty members of the U.S. Army. Suicide deaths have increased among all branches of the U.S. military since the beginning of the Iraq and Afghanistan conflicts, but the Army has been especially hard-hit.

The 2013 Department of Defense Suicide Event Report found that roughly 40% of military personnel who died by suicide had at least one psychiatric disorder at the time of their death.

**Suicide Signs Unique to Veterans**
Experts on suicide prevention say for veterans there are some particular signs to watch for:

- Calling old friends, particularly military friends, to say goodbye
- Cleaning a weapon that they may have as a souvenir
- Visits to graveyards
- Obsession with news coverage of current military operations
- Wearing their uniform or part of their uniform, boots, etc., when not required
- Frequent talking about how honorable it is to be a soldier
- Sleeping more (sometimes the decision to commit suicide brings a sense of peace of mind, and potential victims sleep more to withdraw)
- Becoming overprotective of children
- Standing guard over the house; this may take the form of staying up while everyone is asleep staying up to watch over the house, or obsessive locking of doors and windows
- Stopping dosage of prescribed medication or hoarding medications
- Hoarding alcohol; this may include wine as well as hard alcohol
- Sudden spending sprees, buying gifts for family members and friends “to remember me by”
- Defensive speech: “you wouldn’t understand,” etc.
- Failure to talk to other people or make eye contact

**Where to Get Help**
Veterans who need help immediate counseling should call the hotline run by Veterans Affairs professionals at 1-800-273-TALK and press “1”, identifying themselves as military veterans. Staff members are specially trained to take calls from military veterans and its staffed 24 hours a day, everyday. While all operators are trained to help veterans, some are also former military personnel.

You may also contact Lesley Murray, Suicide Prevention Coordinator at the Tennessee Valley VA Nashville campus, at (615) 873-6074 or Lesley.Murray@va.gov.

The Tennessee National Guard, in coordination with the Jason Foundation, Inc., and E4 Health, has created the “Guard Your Buddy” phone app to give the men, women, and families in the Tennessee National Guard immediate access to critical life resources, on-demand counseling, and on-call suicide prevention. You can download the app at http://guardyourbuddy.com.

**Untreated depression is the #1 cause of suicide.**

**Warning Signs**

**Know the signs. You can make a difference.**

- Threatening or talking of wanting to hurt or kill him/herself
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide
- Displaying hopelessness
- Expressing rage or uncontrolled anger
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Expressing feelings of being trapped—like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends and family
- Exhibiting anxiety and/or agitation
- Experiencing disturbances in sleep patterns (e.g., unable to sleep or sleeping all the time)
- Displaying dramatic mood changes
- Giving away prized possessions
- History of previous suicide attempts or suicidal behaviors

Frequently, suicidal persons:

- Can’t stop the pain
- Can’t think clearly
- Can’t make decisions
- Can’t see any way out
- Can’t sleep, eat, or work
- Can’t get out of the depression
- Can’t make the sadness go away
- Can’t see the possibility of change
- Can’t see themsevles as worthwhile
- Can’t get someone’s attention
- Can’t seem to get control
Please feel free to use the depression screening tool below to see if you or a loved one needs help. Make as many copies as needed.

**The Hands Screening Tool**

adapted from

*The Harvard Department of Psychiatry/National Depression Screening Day Scale*

<table>
<thead>
<tr>
<th>Scoring</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Over the past two weeks how often have you:</td>
<td>None</td>
<td>Some</td>
<td>Most</td>
<td>All the time</td>
</tr>
<tr>
<td>1</td>
<td>been feeling low in energy, or slowed down?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>been blaming yourself for things, feeling guilty?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>had a poor appetite?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>had difficulty falling asleep, staying asleep?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>been feeling hopeless about the future?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>been feeling blue?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>been feeling no interest in things or activities?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>had feelings of worthlessness?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>thought about or wanted to commit suicide?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>had difficulty concentrating or making decisions?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Add your score in each column.

Add your total score.  

Total Points:

If total score is nine (9) or above, contact your doctor and/or mental health professional.

**NOTE:** Further evaluation is suggested for any individual who scores 1 or more on question 9, regardless of the total score.

---

For more information about online depression and mental health screenings, visit ichope.com
Survivors of Suicide Loss

Advice For Survivors

- Even if you feel that you cannot survive, know that you can.
- Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.
- Each survivor grieves in his own way and at his own pace.
- Seek out people who are willing to listen without judging.
- Remember that many people are affected by suicide.
- Seek professional help if needed.
- Take care of yourself—physically, mentally, emotionally, and spiritually.
- This is the hardest thing you will ever do. Be patient and do not try to do it by yourself.
- Remember that HEALING TAKES TIME.

SOSL Can Help

- Survivors of Suicide Loss group meetings are open to anyone who has lost a loved one through suicide or who is helping someone who has lost a loved one through suicide.
- Survivors need a safe place to explore their feelings of grief and anger, to raise questions and doubts.
- We are here whenever the survivor is ready for us and for as long as he or she needs us.
- We understand that the grieving process is hard work.
- Members have all been there and are often the only ones who can truly understand the survivor.
- Survivors can attend an SOSL meeting the day of the funeral, a few months after, or even years later.
- Survivors are free to talk or just listen.

If you or someone you know is experiencing a suicidal crisis and needs immediate help please call one of these resources. All are available 24 hours a day, 7 days a week.

Toll-Free Adult Statewide Crisis Telephone Line
1-855-CRISIS-1 or (1-855-274-7471)

or look for your county in the list below:

<table>
<thead>
<tr>
<th>Centerstone</th>
<th>(800) 681-7444</th>
<th>Cheatham, Dickson, Houston, Humphreys, Montgomery, Robertson, and Stewart Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Villages (children 5-17 only)</td>
<td>(866) 791-9221</td>
<td>Entire Middle Tennessee region</td>
</tr>
<tr>
<td>The Crisis Line</td>
<td>(615) 244-7444</td>
<td>Entire Middle Tennessee region</td>
</tr>
</tbody>
</table>

Regional Psychiatric Hospitals

| Behavioral HealthCare Center-Clarksville | (931) 538-6420 | Clarksville seniors |
| Cumberland Hall                        | (877) 281-4177 | Hopkinsville, KY all ages |
| Middle Tennessee Mental Health Institute | (615) 902-7400 | Nashville all ages |
| Parthenon Pavilion                      | (877) 342-1450 | Nashville 18 and up |
| Psychiatric Hospital at Vanderbilt (admitting) | (615) 327-7000 | Nashville 4 and up |
| Skyline Madison Campus                 | (877) 342-1450 | Madison 13 and up |
COMMUNITY RESOURCES

Crisis 211 Center 211 or (931) 648-1000
Alcoholics Anonymous (615) 831-1050 or 1-800-559-2252
Bradford Health Services 1-888-577-0012 or (931) 342-9612
Carmelot Care (family counseling and prevention services) (615) 812-4022
Catholic Social Services (615) 352-3067
Centerstone (intake) (615) 463-6600 or (931) 920-7200
Cumberland Hall Hospital (677) 281-4177
Cumberland Heights Outpatient (Thompson Lane location) (615) 353-4305
Daystar Counseling Ministries (615) 238-5353
Depression, Bipolar and Manic Depressive Alliance (615) 228-4810
Elam Mental Health Center (substance abuse rehab) (615) 327-6255
Family and Children Services (615) 320-0591
Foundations Outpatient (615) 256-9002
GLBT National Help Center 1-888-THE-GNHC (843-4564)
Healing Hearts of Tennessee (615) 874-8955
Health Assist Tennessee (care for uninsured and underinsured) 1-800-269-4038
Jason Foundation 1-888-881-2323
Jewish Family Services Center (615) 356-4234
Legal Aid Society 1-800-238-1443
Mental Health America of Middle Tennessee (615) 269-5355
Mental Health Cooperative (615) 735-3340
Metropolitan Public Health Behavioral Health Services (615) 340-2172
National Alliance for Mental Illness (NAMI)
NAMI Tennessee (800) 467-3989
NAMI Davidson County (615) 891-4724
Nashville CARES (AIDS and HIV support) (615) 259-4896
Nashville Psychotherapy Institute (615) 799-2000
Oasis Institute (615) 726-4455
Obsessive Compulsive Disorder Support Group (615) 262-1798
Park Center (615) 242-3576
Pastoral Counseling Centers of Tennessee (Nashville office) (615) 383-2115
Pathways Counseling (615) 890-3888
Reconnect Nashville (615) 460-4452
Sexual Assault Center (931) 241-4143
24-hour crisis line (800) 879-1999
Senior Care (Erin office) (931) 269-4211
Senior Life Solutions (Waverly office) (931) 269-0211
TennCare Transportation 1-800-775-8726
Tennessee Adult Protective Services 1-888-277-8366
Tennessee Department of Children Services 1-877-237-0004
Tennessee Mental Health Consumer’s Association 1-888-539-0393
The Trevor Project (GLBT youth crisis hotline) 1-866-234-4636
Vanderbilt Psychiatric Hospital-Child Program (800) 365-2270
Vanderbilt Community Mental Health Center (615) 936-2655

Crisis 211 Center 211 or (931) 648-1000
Alcoholics Anonymous (615) 831-1050 or 1-800-559-2252
Bradford Health Services 1-888-577-0012 or (931) 342-9612
Carmelot Care (family counseling and prevention services) (615) 812-4022
Catholic Social Services (615) 352-3067
Centerstone (intake) (615) 463-6600 or (931) 920-7200
Cumberland Hall Hospital (677) 281-4177
Cumberland Heights Outpatient (Thompson Lane location) (615) 353-4305
Daystar Counseling Ministries (615) 238-5353
Depression, Bipolar and Manic Depressive Alliance (615) 228-4810
Elam Mental Health Center (substance abuse rehab) (615) 327-6255
Family and Children Services (615) 320-0591
Foundations Outpatient (615) 256-9002
GLBT National Help Center 1-888-THE-GNHC (843-4564)
Healing Hearts of Tennessee (615) 874-8955
Health Assist Tennessee (care for uninsured and underinsured) 1-800-269-4038
Jason Foundation 1-888-881-2323
Jewish Family Services Center (615) 356-4234
Legal Aid Society 1-800-238-1443
Mental Health America of Middle Tennessee (615) 269-5355
Mental Health Cooperative (615) 735-3340
Metropolitan Public Health Behavioral Health Services (615) 340-2172
National Alliance for Mental Illness (NAMI)
NAMI Tennessee (800) 467-3989
NAMI Davidson County (615) 891-4724
Nashville CARES (AIDS and HIV support) (615) 259-4896
Nashville Psychotherapy Institute (615) 799-2000
Oasis Institute (615) 726-4455
Obsessive Compulsive Disorder Support Group (615) 262-1798
Park Center (615) 242-3576
Pastoral Counseling Centers of Tennessee (Nashville office) (615) 383-2115
Pathways Counseling (615) 890-3888
Reconnect Nashville (615) 460-4452
Sexual Assault Center (931) 241-4143
24-hour crisis line (800) 879-1999
Senior Care (Erin office) (931) 269-4211
Senior Life Solutions (Waverly office) (931) 269-0211
TennCare Transportation 1-800-775-8726
Tennessee Adult Protective Services 1-888-277-8366
Tennessee Department of Children Services 1-877-237-0004
Tennessee Mental Health Consumer’s Association 1-888-539-0393
The Trevor Project (GLBT youth crisis hotline) 1-866-234-4636
Vanderbilt Psychiatric Hospital-Child Program (800) 365-2270
Vanderbilt Community Mental Health Center (615) 936-2655