Each year, 1000+ Tennesseans die by suicide.

**LETHAL MEANS**

- Firearms: 63.3%
- Suffocation: 18.5%
- Poisoning: 13.1%
- Other: 5.1%

**THE GOOD NEWS**

9 out of 10 people show warning signs BEFORE attempting suicide.

So knowing the signs and taking steps toward a safer home can save the life of someone you care about.

**WHERE TO GET HELP**

If you or someone you know is thinking about suicide, call 1-800-273-TALK (8255). The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.

Get the TSPN App:
Available on Apple and Android.

615-297-1077 • www.tspn.org

**FUNDING**

Funding for this brochure was provided under grant numbers IH79SM080217 and 1U97SM061764-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.
There is hope, there is help.

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.