CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?

ARE THEY SUICIDAL?
—Depressed, angry, impulsive?
—Going through a relationship break-up, legal trouble, or other setback?
—Using drugs or alcohol more?
—Withdrawing from things they used to enjoy?
—Talking about being better off dead?
—Losing hope?
—Acting reckless?
—Feeling trapped?

SUICIDES IN TN far outnumber homicides

FIREARMS ARE THE LEADING METHOD

ATTEMPTS WITH A GUN ARE MORE DEADLY than attempts with other methods

HOLD ON TO THEIR GUNS
—Putting time and distance between a suicidal person and a gun may save a life.

—For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK [8255].

For more information, visit www.tspn.org.