Suicide is the tenth-leading cause of death in the United States, killing more people on an annual basis than homicide, drunk driving, or AIDS. Each year in Tennessee, over 1,100 people including every age group, race, geographic area, and income level end their lives due to suicide. Tennessee’s suicide rate is typically 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 suicide occurs within all age groups, the suicide rate is highest among those in midlife (ages 45-54). In addition, three times the amount of men die by suicide in Tennessee compared to women.

**TENNESSEE SUICIDE FACTS**

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bedford</td>
<td>6 (12.9)</td>
<td>7 (14.8)</td>
<td>7 (14.7)</td>
<td>11 (22.9)</td>
<td>5 (10.2)</td>
</tr>
<tr>
<td>Coffee</td>
<td>9 (16.8)</td>
<td>15 (27.6)</td>
<td>12 (21.9)</td>
<td>13 (23.6)</td>
<td>10 (18.0)</td>
</tr>
<tr>
<td>Franklin</td>
<td>4 (9.7)</td>
<td>6 (14.5)</td>
<td>7 (16.8)</td>
<td>11 (26.4)</td>
<td>10 (23.9)</td>
</tr>
<tr>
<td>Giles</td>
<td>5 (17.3)</td>
<td>5 (17.3)</td>
<td>12 (41.0)</td>
<td>8 (27.2)</td>
<td>4 (13.6)</td>
</tr>
<tr>
<td>Hickman</td>
<td>3 (12.3)</td>
<td>3 (12.3)</td>
<td>2 (8.2)</td>
<td>8 (32.2)</td>
<td>6 (24.0)</td>
</tr>
<tr>
<td>Lawrence</td>
<td>8 (18.9)</td>
<td>8 (18.8)</td>
<td>8 (18.6)</td>
<td>6 (13.8)</td>
<td>14 (32.0)</td>
</tr>
<tr>
<td>Lewis</td>
<td>4 (33.6)</td>
<td>2 (16.9)</td>
<td>8 (67.2)</td>
<td>6 (49.9)</td>
<td>0</td>
</tr>
<tr>
<td>Lincoln</td>
<td>4 (11.9)</td>
<td>11 (32.6)</td>
<td>7 (20.8)</td>
<td>10 (29.6)</td>
<td>15 (44.0)</td>
</tr>
<tr>
<td>Marshall</td>
<td>6 (19.2)</td>
<td>6 (19.0)</td>
<td>6 (18.6)</td>
<td>4 (12.1)</td>
<td>6 (17.8)</td>
</tr>
<tr>
<td>Maury</td>
<td>13 (15.2)</td>
<td>12 (13.7)</td>
<td>15 (16.7)</td>
<td>14 (15.2)</td>
<td>17 (18.0)</td>
</tr>
<tr>
<td>Moore</td>
<td>1 (15.8)</td>
<td>0 (N/A)</td>
<td>1 (15.8)</td>
<td>1 (15.7)</td>
<td>2 (31.1)</td>
</tr>
<tr>
<td>Perry</td>
<td>5 (64.0)</td>
<td>2 (25.2)</td>
<td>2 (25.1)</td>
<td>1 (12.5)</td>
<td>2 (24.8)</td>
</tr>
<tr>
<td>Wayne</td>
<td>3 (17.7)</td>
<td>4 (23.9)</td>
<td>2 (12.0)</td>
<td>3 (18.1)</td>
<td>4 (24.2)</td>
</tr>
<tr>
<td>TENNESSEE</td>
<td>945 (14.4)</td>
<td>1,065 (16.1)</td>
<td>1,110 (16.2)</td>
<td>1,163 (17.3)</td>
<td>1,159 (17.1)</td>
</tr>
<tr>
<td>NATIONAL</td>
<td>42,773 (13.0)</td>
<td>44,193 (13.3)</td>
<td>44,965 (13.9)</td>
<td>47,137 (14.0)</td>
<td>48,334 (14.2)</td>
</tr>
</tbody>
</table>

**Local Suicide Statistics NUMBER** (rates per 100,000 residents).

_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.

If you or someone you know is fighting to stay alive, battling against suicidal thoughts, don’t fight alone. Call **855-CRISIS-1 (855-274-7471)** and speak with a trained crisis counselor for free. You can also text “TN” to 741 741 and text with a trained crisis counselor for free. You can remain anonymous if you want.
Surviving family members not only suffer the loss of a loved one to suicide, but are...
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>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Over the past two weeks how often have you:</strong></td>
<td>None</td>
<td>Some</td>
<td>Most</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 been feeling low in energy, or slowed down?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 been blaming yourself for things, feeling guilty?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 had a poor appetite?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 had difficulty falling asleep, staying asleep?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 been feeling hopeless about the future?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 been feeling blue?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 been feeling no interest in things or activities?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 had feelings of worthlessness?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9 thought about or wanted to die by suicide?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 had difficulty concentrating or making decisions?</td>
<td></td>
<td></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
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>Resource</th>
<th>Phone Number</th>
<th>Region</th>
<th>Target Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Centerstone</td>
<td>(800) 681-7444</td>
<td>Entire South Central Region</td>
<td>adults only</td>
</tr>
<tr>
<td>TN Crisis Line</td>
<td>(855) 274-7471</td>
<td>Entire South Central Region</td>
<td></td>
</tr>
<tr>
<td>Youth Villages - Mobile Crisis</td>
<td>(866) 791-9222</td>
<td>Entire South Central Region</td>
<td>ages 5-17</td>
</tr>
</tbody>
</table>

**Regional Psychiatric Hospitals**

- **Hillside Hospital, Lifesprings Center**  
  (931) 363-9335  
  Pulaski  
  seniors

- **Perry Community Hospital Senior Care**  
  (931) 589-2121  
  Linden  
  seniors

- **Pinewood Springs**  
  (931) 777-6000  
  Columbia  
  13 & up

- **Unity Psychiatric Care**  
  (931) 388-6573  
  Columbia  
  seniors

**Other Regional Resources**

- **Middle Tennessee Mental Health Institute**  
  referral from Mobile Crisis team needed  
  (615) 902-7400  
  Donelson  
  adults

- **Parthenon Pavilion – CAPS**  
  (615) 342-1450  
  Nashville  
  13 & up

- **Rolling Hills Hospital**  
  (615) 807-4059  
  Franklin  
  13 & up

- **St. Thomas Hospital**  
  (615) 222-2189  
  Nashville  
  seniors

- **TriStar Skyline Madison Campus**  
  (877) 342-1450  
  Madison  
  13 & up

- **TriStar Summit Medical Center**  
  (877) 342-1450  
  Hermitage  
  18 & up

- **TrustPoint Hospital of Murfreesboro**  
  (615) 716-1824  
  Murfreesboro  
  18 & up

- **Vanderbilt Psychiatric Hospital**  
  (admitting)  
  (615) 327-7000  
  Nashville  
  4 & up
<table>
<thead>
<tr>
<th><strong>ON-LINE RESOURCES</strong></th>
</tr>
</thead>
</table>
| **LifeCare Family Services**
  - Lawrence County: (931) 311-0715 |
| **Catholic Social Services**
  - Cumberland Hall Hospital: (615) 463-6600 or (931) 920-7200 |
| **Mental Health America of the Mid South**
  - Nashville: (615) 874-8555 |
| **TennCare Transportation**
  - (615) 831-1050 or (615) 352-3087 |
| **Translifeline.org**
  - (800) 559-2252 |
| **SAMHSA Find Treatment**
  - (800) 243-8938 |
| **Tragedy Assistance Program for Survivors**
  - (888) 828-1111 |
| **Robertson County TN Health Department**
  - robertsoncountyhealthcouncil.com/ |
| **Humphreys County TN Health Department**
  - humphreystn.com/heathcare/index.html |
| **CountyOffice.org**
  - countyoffice.org/houston-county-health-department-erin-tn-3a1/ |
| **tmhca-tn.org**
  - (800) 722-6336 |

<table>
<thead>
<tr>
<th><strong>COMMUNITY RESOURCES</strong></th>
</tr>
</thead>
</table>
| **Alcoholics Anonymous/Narcotics Anonymous**
  - (931) 270-8669 |
| **Arnell’s Counseling Service**
  - (931) 424-8802 |
| **Buffalo Valley** (in-patient substance abuse treatment)
  - (800) 447-2766 |
| **Camelot Care** (family counseling and prevention services)
  - (615) 462-6673 |
| **Center for Family Development**
  - (931) 684-4676 |
| **Centerstone**
  - (800) 681-7444 |
|  - Bedford County: (931) 684-0522 |
|  - Coffee County: (931) 393-5900 |
|  - Franklin County: (931) 649-3408 |
|  - Giles County: (931) 363-5438 |
|  - Hickman County: (931) 729-3574 |
|  - Lawrence County: (931) 762-6505 |
|  - Lewis County: (931) 796-5916 |
|  - Lincoln County: (931) 433-6456 |
|  - Marshall County: (931) 359-5802 |
|  - Maury County: (931) 490-1500 |
|  - Wayne County: (931) 722-3644 |
| **Centerstone Associates** - Columbia
  - (931) 490-1460 |
| **The Christian Counseling Center of Duck River - Baptist Association**
  - Tullahoma: (931) 454-9994 |
| **Contact of Tullahoma Lifeline**
  - (800) 454-8336 or Text (931) 247-0754 |
|  - Serving Bedford, Coffee, Franklin, Grundy, Lincoln, Moore, & Warren Counties |
| **Family Counseling Center**
  - Manchester: (931) 723-0380 |
|  - Morrison: (931) 668-9149 |
|  - Shelbyville: (931) 680-8998 |
|  - Winchester: (931) 967-6678 |
| **Family Therapy Center** (commercial insurance only)
  - (931) 490-0999 |
| **FastPace Urgent Care** (telehealth with Pamela Poghen)
  - (615) 804-1903 |
| **Haven of Hope, Inc.**
  - (800) 435-7739 |
| **Health Connect America: Columbia**
  - Pulaski: (931) 347-0811 |
|  - Lawrenceburg: (931) 324-1114 |
|  - Shelbyville: (931) 909-0050 |
| **Hickman Community Hospital ER**
  - (800) 311-0715 |
| **Hickman Alzheimer’s Support Group**
  - (931) 729-5960 |
| **Hope House/Center of Hope**
  - Office (931) 840-0916 or Crisis 24/7 (931) 381-8580 |
| **LifeCare Family Services**
  - (877) 881-0359 - Franklin: Ext. 1400 / Lawrenceburg: Ext. 1710 |
| **LifeSolutions** (Drop-in centers)
  - Bedford County: (931) 685-9330 |
|  - Coffee County: (931) 393-3255 |
|  - Lawrence County: (931) 766-3711 |
|  - Lincoln County: (931) 438-4993 |
|  - Maury County: (931) 381-3027 |
COMMUNITY RESOURCES

Maury Center Against Domestic Violence (Crisis 24/7) ................................................. (931) 381-8580
Maury Regional Marshall Medical Senior Life Solutions ............................................. (931) 270-3685
Maury Regional Medical Center ER ............................................................................. (800) 635-7554
Maury Regional PrimeCare Clinic .................................................................................. (931) 540-4140
Mental Health Cooperative - Columbia ........................................................................... (931) 380-3449
Mercy Community Healthcare
  Franklin ...................................................................................................................... (615) 790-0567
  Lewisburg ................................................................................................................. (931) 814-3400
NAMI (National Alliance for the Mentally Ill) - Columbia ............................................. (866) 901-6264
Perry Hospital Senior Care (inpatient) ............................................................................ (931) 589-9135 or (800) 913-9848
Pregnancy Center of Columbia (24 hours) .................................................................... (931) 374-0203
Sexual Assault Center ................................................................................................. (615) 259-9055 or 24-hour crisis line (800) 879-1999
Women Are Safe - Hickman and Perry ........................................................................ (931) 729-9885 or Crisis 24/7 (800) 470-1117

ONLINE RESOURCES

American Association of Suicidology .............................................................................. suicidology.org
Depression and Bipolar Support Alliance ......................................................................... dbsalliance.org
The Jason Foundation ....................................................................................................... jasonfoundation.com
The Jed Foundation .......................................................................................................... jedfoundation.org
Kidcentral tn .................................................................................................................... kidcentraltn.com
Lifeline for Attempt Survivors ......................................................................................... lifelineforattemptsurvivors.org
National Alliance on Mental Illness (NAMI) - TN Chapter ............................................. namin.tn.org
National Mental Health Association (NMHA) ............................................................... nmha.org
National Organization for People of Color Against Suicide (NOPCAS) ......................... hopcas.org
Organization for Attempters and Survivors of Suicide Interfaith Services (OASSIS) .... oassis.org
Parents of Suicide ........................................................................................................... parentsofsuicide.com
SAMHSA’s National Mental Health Information Center ................................................. mentalhealth.org
Sibling Survivors of Suicide ........................................................................................... siblingsurvivors.com
Suicide Prevention and Resource Center (SPRC) ......................................................... sprc.org
Tennessee Mental Health Consumer’s Association ......................................................... tmhca-tn.org
Tennessee Statewide 2-1-1 Resource Network .................................................................. 211tn.org
Tragedy Assistance Program for Survivors ..................................................................... taps.org
U.S. Department of Veterans Affairs ................................................................................ va.gov

REGIONAL HEALTH DEPARTMENTS

Local & Regional Health Departments ............................................................................ tn.gov/health/health-program-areas/localdepartments.html
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 their own way and at their 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.

Resources

- Families and Friends of Suicide Loss: Pos-ffos.com
- Parents of Suicide: ParentsofSuicide.com
- Sibling Survivors of Suicide: SiblingSurvivors.com
- Suicide Free online resources: SuicideFree.org
- Find a support group: tspn.org/for-survivors-of-suicide
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.

Remember that many people are affected by suicide.
Seek out people who are willing to listen without judging.

Members have all been there and are often the only ones who can truly understand the 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.

Further evaluation is suggested for any individual who has difficulty concentrating or making decisions?

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

The Harvard Department of Psychiatry/National Depression Screening Day Scale is a reliable, scientifically proven, and easily administered suicide risk assessment tool for use in a wide variety of settings with both adults and adolescents. It assesses the full range of evidence-based ideation and behavior, and requires no mental health training in order to use it.

QPR (Question, Persuade, Refer) training helps both professionals and lay caregivers become more comfortable, competent and confident when dealing with persons at risk. Participants learn how their own attitudes about suicide can affect their efforts to help. They gain the knowledge and skill to recognize and estimate suicide risk, and learn how to intervene through role-playing and supervised simulations and how to create crisis networks out of existing local resources.

CALM is a 2-hour workshop designed to teach mental health counselors how to help clients at risk for suicide, as well as their families, be safer by reducing their access to lethal means, particularly (but not exclusively) firearms.

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help them connect to the appropriate care.

The Erasing the Stigma program of Mental Health America of Middle Tennessee (MHAMT) provides educational and interactive presentations for children and youth to address concerns such as bullying, body image and self esteem, stress and depression, and other mental health and wellness-related topics. It offers several age-appropriate mental health and wellness models (some involving I.C. Hope, the program’s ambassador and mascot), available free of charge for schools, churches, or clubs.

Tennessee Voices for Children offers free and voluntary mental health screenings to youth in the South Central Region via its Youth Screen program. This user-friendly, voluntary, and confidential computer-based screening instrument helps screeners identify mental health, suicide, and substance misuse risks that could interfere with health, well-being, and overall functioning.

The Jason Foundation, Inc. (JFI) is a provider of educational curricula and training programs for students, educators, youth workers and parents. JFI’s programs build an awareness of youth suicide, educate participants in recognizing the “warning signs or signs of concern”, and direct participants to local resources to deal with possible suicidal ideation.

More information about all of these programs is available in the Training and Education section of the TSPN website - tspn.org/curricula.

Programs for Adults

QPR Institute

Programs for Youth

The Erasing the Stigma

Tennessee Voices for Children

The Jason Foundation, Inc.
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.

**Suicide Signs Unique to Veterans**

- Calling old friends, particularly military friends to say goodbye
- Cleaning a weapon that they may have as a souvenir
- Visits to graveyards
- Obsessions 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 attempt 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 immediate counseling should call the hotline run by Veterans Affairs professionals at **1-800-273-8255, and press “1”,** identifying themselves as Military Veterans. Staff members are specially trained to take calls from Military Veterans and are available 24 hours a day, everyday. While all operators are trained to help Veterans, some are also former military personnel.

Make the Connection for shared experiences and support for Veterans.......................... maketheconnection.net

State of Tennessee Department of Veterans Services.............................. tn.gov/veteran.html or (615) 741-2435

Tennessee Valley VA Hospital.......................................................... (615) 327-4751

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 guardyourbuddy.com

**Veterans Service Offices**

To locate your county Veteran Service Officer, please visit:

Tennessee County Veterans Service Officer Association - tcvsoa/directory
SUBSTANCE MISUSE AND SUICIDE

- According to the International Handbook of Suicide and Attempted Suicide (John Wiley and Sons, Ltd., 2000), between 25 and 55 percent of suicide victims have drugs and/or alcohol in their systems at the time of their deaths. The rise in drug misuse observed during the past thirty years is believed to be a contributing factor to the increase in youth suicide, particularly among males.

- Contrary to popular belief, major depression is more likely to develop after someone develops alcoholism rather than before.

- Psychological autopsies of suicide victims with substance misuse problems have shown that:
  - four-fifths had previously communicated suicidal intent through words and/or behavior
  - two-thirds also suffered from a major depressive disorder
  - half were unemployed
  - half had serious medical problems
  - and roughly one-third had attempted suicide previously (Murphy, 2000).

- A study published in the American Journal of Epidemiology found that the effects of substance use disorders on suicide attempts were not entirely due to the effects of co-occurring mental disorders, suggesting that substance misuse in and of itself is a suicide risk factor (Borges et al, 2000).

- Substance misuse can involve legal drugs, such as prescriptions, and misuse of these drugs has been linked to increased suicide risk – especially if combined with alcohol or illegal drugs (Harris and Barraclough, 1998).

- Teens who engage in high-risk behaviours (use of drugs, alcohol, and tobacco, along with sexual activity) report significantly high rates of depression, suicidal thoughts, and suicide attempts, according to a 2004 report funded by the National Institute of Drug Abuse. The report suggests that primary care physicians who find their adolescent patients are engaging in drugs or sex should consider screening them for depression and suicide risk.

- Men with a substance misuse disorder are 6.5 times more likely to die by suicide than those without one. Women with a substance misuse disorder are 6.5 times more likely to die by suicide than those without (Ilgen et al., 2010).

- Additionally, binge drinking among teens has been identified as a predictive factor of actual suicide attempts as compared to suicidal thoughts, even after accounting for high levels of depression and stress – possibly because binge drinking episodes frequently precede serious attempts (Windle et al, 2004).

- Up to 7 percent of alcoholics will eventually die by suicide, with middle-aged and older alcoholics at especially high risk (Conner and Duberstein, 2004).

- Both suicide and substance misuse has been noted as contributing factors to rising mortality rates among middle-aged Caucasians in the U.S. (Case and Deaton, 2015).

WHAT TO DO

- When substance misuse co-occurs with depression and or suicidal tendencies, both the depression and the addiction need to be treated – one affects the other.

- You can contact the RedLine at 1-800-889-9789

- You can also reach out to Tennessee Recovery Navigators - individuals in long-term recovery who meet patients who have recently overdosed and connect them with the substance misuse treatment and recovery services they need. Visit tn.gov/behavioral-health/substance-abuse-services/treatment---recovery.html for more information.
TSPN is a grass-roots association which includes counselors, mental health professionals, physicians, clergy, journalists, social workers, and law enforcement personnel, as well as survivors of suicide and suicide attempts. TSPN works across the state to eliminate the stigma of suicide and educate communities about the warning signs of suicide, with the ultimate intention of reducing suicide rates in the state of Tennessee.

We seek to achieve these objectives through organizing and promoting regular regional activities, providing suicide prevention and crisis intervention training to community organizations, and conducting postvention sessions for schools and organizations after suicides occur.

Please check the TSPN website for our calendar of regional meetings happening every month across the state.

For non-crisis suicide prevention information, contact

"Saving Lives in Tennessee"

at (615) 297-1077 or refer to our website at tspn.org.

If you or someone you know is feeling desperate, alone or hopeless...

we can help.

TENNESSEE STATEWIDE CRISIS LINE
There is hope.
855-CRISIS-1 (855-274-7471)

Text “TN” to 741 741
Suicide Prevention TEXT LINE
www.crisistextline.org