

## WHAT TO DO

- Take all behaviors and signals seriously. If you think someone is considering suicide, ASK HIM OR HER "Are you suicidal?" or "Do you want to kill yourself?" If the answer is "yes," GET HELP.
- Show interest in the person and be supportive of him or her.
- Offer hope that there are alternatives to suicide.
- Take action. Utilize existing social media reporting methods and provide resources.
- Contact a person or organization that specializes in crisis intervention or suicide prevention for help. (See the back of this brochure).

## WHAT TO AVOID

- Avoid acting shocked or lecturing the person on the value of life.
- Avoid taunting or daring him or her to "do it."
- Avoid judging. Allow him or her to express his or her thoughts or feelings.
- Avoid debates over whether suicide is right or wrong.
- Avoid offering easy reassurance—it may make the person feel as if you really don't understand or care about him or her.
- Don't keep your or another person's suicidal thoughts a secret. GET HELP.

## WHERE TO GET HELP



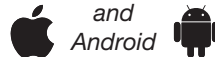
[www.tspn.org](http://www.tspn.org)

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



**615-297-1077 • [www.tspn.org](http://www.tspn.org)**



[www.tennessee.gov/behavioral-health](http://www.tennessee.gov/behavioral-health)  
**1-855-CRISIS-1 or 1-855-274-7471**



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## SAVING LIVES ON SOCIAL MEDIA IN TENNESSEE



*"Saving Lives in Tennessee"*

## USING SOCIAL MEDIA

Social media is ever changing and growing. When addressing thoughts of suicide through social media, certain key considerations must be kept in mind:

- Many social media platforms have embedded reporting options in place, including Facebook and Instagram. By “reporting this post,” actions are put in to place to reach out to the individual.
- Reach out to the individual through social media with more resources including the National Lifeline, Crisis Text Line, and local resources.
- If you have another way of communication with the person (phone number, etc.) reach out to him or her with these resources.
- Reach out to local law enforcement if someone is currently attempting suicide.
- Keep an eye out for trending posts that highlight the death, especially by suicide, of a celebrity, well known person, or news story.
- Some people showing signs or signals may not be having thoughts of suicide, but it is important to take every sign or mention of suicide seriously.



## THINGS TO POST

When you see a friend post a concerning message on social media, there are many ways to respond. Here are some examples of how to reach out:

### To someone who has expressed suicidal thoughts or a plan:

I am concerned about your safety and would like to offer help. The counselors at the National Suicide Prevention Lifeline are available 24/7 by calling 1-800-273-8255 or the Tennessee Crisis Line 1-855-CRISIS-1 (1-800-274-7471).

### To a public post that may be more vague:

If you feel life is not worth living, please reach out to the Crisis Text Line at 741741. The crisis workers there are able to assist you confidentially, 24/7/365.

### To a person who may be concerned about a friend or loved one:

Thank you for reaching out and caring about your suicidal friend. Feel free to give your friend the National Suicide Prevention Lifeline and Crisis Text Line.

## WHEN TO BE CONCERNED

There are some behaviors that signal possible suicidal thoughts or actions. Knowing these signals and taking actions may help you save someone's life. A person may be suicidal if they:

- Experience sadness or depression that will not go away
- Become withdrawn or isolate themselves from family and friends
- Give away prized possessions
- Increase their use of alcohol for drugs
- Acquire a firearm
- Lose weight or have a decrease in appetite
- Change their sleeping patterns
- Are prone to accidents, especially to falls
- Talk about or threaten suicide (If this happens, **TAKE IMMEDIATE ACTION.**)

### REMEMBER

Any one of these signals alone doesn't necessarily indicate a person is suicidal. However, several signals may be cause for concern. Signals are especially important if the person has attempted suicide in the past. Listen. Be a friend. Get professional help. ***Your actions may save a life!***

