

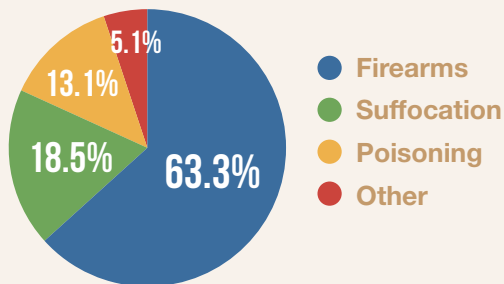
## STATS & FACTS

Each year,



die by suicide

## LETHAL MEANS



## 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



[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  
and  
Android



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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## STEPS TOWARD A SAFER HOME IN TENNESSEE



"Saving Lives in Tennessee"

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](https://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