

WHAT TO DO

- Take the risk factors 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.
- Offer hope that there are alternatives to suicide. DO NOT LEAVE THE PERSON ALONE.
- Take action. Remove methods he or she might use to kill him or herself.
- Seek help from his or her family, friends, physician, clergy, etc.
- IMMEDIATELY contact a person or organization that specializes in crisis intervention or suicide prevention for help. (See the back of this brochure).

CLINICAL CARE

TN Veterans Administration Medical Centers

Nashville Campus: 1-800-228-4973

Murfreesboro: 1-800-876-7093

Memphis: 1-800-636-8262

Mountain Home – Johnson City: 1-877-291-5311

For outpatient clinics, Community Based Outpatient Clinics, and Vet Centers, see the US Department of Veteran Affairs website: www.va.gov

Returning Service Members (OEF/OIF/OND)

Clarksville / Ft. Campbell / Hopkinsville:

(615) 815-5226 or (270) 956-0458

Chattanooga: (423) 893-6500, ext. 27060

Memphis: 1-800-636-8262, ext. 7319

Johnson City/Mountain Home: (423) 926-1171, ext. 2231

Murfreesboro/Nashville: (615) 873-8638

Tulahoma: (615) 225-3937

Also see:

Centerstone Military Services (counseling): (866) 781-8010

Wounded Warrior Project (Nashville office): (615) 782-7226

VA Returning Combat Veteran Site

www.oefoif.va.gov

WHERE TO GET HELP



www.tspn.org

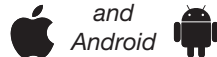
If you or someone you know is thinking about suicide, call **1-800-273-TALK (8255)**.

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



www.tennessee.gov/behavioral-health
1-855-CRISIS-1 or 1-855-274-7471



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SAVING VETERAN LIVES IN TENNESSEE



"Saving Lives in Tennessee"

THE FACTS

- In 2017, there were 203 confirmed suicides among veterans.
- 17.5% of all Tennessee suicide deaths were by veterans in 2017.
- In 10 years, from 2007 and 2017, we have lost 2,041 Tennessee veterans to suicide.
- Between 2012 and 2017, the percent of veteran suicides in Tennessee was 18.3, representing 6,256 deaths by suicide during this time frame.

The **Tennessee Suicide Prevention Network** offers further information on veteran suicide prevention on its website, including links to information on health benefits, armed forces suicide prevention and mental health programs, depression, PTSD, and TBI:

tspn.org/veterans



RISK FACTORS

- Calling old friends, particularly those from the military, to say goodbye
- Cleaning a weapon kept as a souvenir
- Visits to cemeteries
- Obsession with news coverage of current military operations
- Wearing dress uniform or part of their uniform, when not required
- Frequent talking about how honorable it is to be a soldier
- Change in sleeping patterns
- Becoming overprotective of children
- Standing guard over the house
- Abusing alcohol or other drugs
- Give away prized possessions
- Defensive speech
- Believe they are a burden to others
- Talking about wanting to hurt or kill oneself
- Trying to obtain pills, guns, or other items that could be used to inflict self-harm
- Talking or writing about death, dying, or suicide
- Feelings of hopelessness or helplessness
- Rage, uncontrolled anger, seeking revenge
- Acting in a reckless or risky way
- Feeling trapped, like there's no way out
- Saying or feeling there's no reason for living

PTSD AND TBI

POST-TRAUMATIC STRESS DISORDER

PTSD is an anxiety disorder that can occur after a traumatic event. Some of those include:

- Explosions, such as bomb blasts or improvised explosive device (IED) detonations
- Sniper attacks
- Terrorist attacks
- “Friendly fire” incidents
- Exposure to civilian or military casualties

Common symptoms:

- Reliving the event
- Avoiding situations that remind you of the event
- Feeling numb
- Feeling “keyed up”, always on alert and expecting danger

TRAUMATIC BRAIN INJURY

Traumatic brain injury (TBI) is caused by an external physical force resulting in total or partial disability. TBI is common in active war zones as a result of explosions. Symptoms can include:

- Problems with judgment, memory, and decision making
- Headaches
- Seizures
- Failure of motor skills
- Mood swings
- Sexual difficulties

After a traumatic event, it is normal to feel frightened, angry, or disoriented. If these feelings continue for an extended period of time or becomes disruptive to everyday activities, seek professional help.

