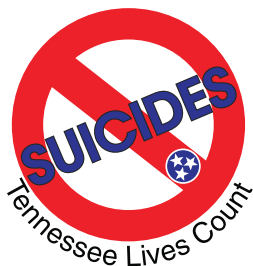


WHO WE ARE

The Tennessee Suicide Prevention Network (TSPN) is the statewide public-private organization responsible for implementing the Tennessee Strategy for Suicide Prevention as defined by the National Strategy for Suicide Prevention. It is considered a national model for state-supported suicide prevention efforts.

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 loss and those with lived experience. We work 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.

TSPN INITIATIVES



ZERO SUICIDE INITIATIVE

Tennessee's Zero Suicide Initiative Task Force is working to implement the concept of "zero suicides" within behavioral health and substance abuse treatment settings across Tennessee. TSPN and partner agencies are working together to

eliminate suicides and suicide attempts in these facilities through an aggressive yet achievable action plan incorporating best-practice prevention and intervention strategies.

GUN SAFETY PROJECT

TSPN's Gun Safety Project is a statewide program to share materials, developed by and for firearm retailers and range owners, on ways they can help prevent suicide — specifically, how they can avoid selling or renting a firearm to a suicidal customer — and encouraging them to display and distribute suicide prevention materials tailored to their customers.

LIVED EXPERIENCE

TSPN was co-founded by Dr. Ken Tullis, a practicing psychiatrist and suicide attempt survivor. From its very foundation, TSPN has included people who have struggled with suicide attempts and/or suicidal ideation in our awareness and educational efforts. We strive to incorporate their insights into our outreach projects, resources, and public messaging. TSPN was several years ahead of the national suicide prevention movement in this regard.

WHERE TO GET HELP



www.tspn.org

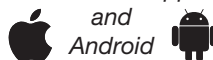
If you or someone you know is thinking about suicide, call **1-800-273-TALK (8255)**.

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



Department of
**Mental Health &
Substance Abuse Services**

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



Funding for this brochure was provided under grant numbers 1H79SM080217 and 1U97SM061764-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



WHO WE ARE

TENNESSEE SUICIDE
PREVENTION NETWORK



"Saving Lives in Tennessee"

TENNESSEE SUICIDE PREVENTION NETWORK

TRAININGS WE PROVIDE

- QPR (Question, Persuade, Refer)
- AMSR (Assessing, Managing Suicide Risk)
- ASIST (Applied Suicide Intervention Skills Training)
- Suicide to Hope
- safeTalk
- A&D and LGBTQI+ trainings
- LEA Checklist
- Mental Health First Aid (Youth and Adult versions)
- General suicide awareness and prevention
- Postvention trainings tailored to your agency

WHAT WE DO

- Statewide/local conferences and training sessions
- Awareness and educational projects
- Connecting people to support groups
- Representation in statewide advocacy events
- Reports and legislative updates
- Annual statewide Suicide Prevention
- Awareness Month observance

OUR MODEL

POSTVENTION

- Support groups/online
- Work with media
- Work with schools and businesses

PREVENTION

- Suicide prevention trainings
- Advocacy/public policy
- Suicide awareness

INTERVENTION

- Crisis counseling
- 911/Police/EMS
- Walk-in Centers/ Crisis Stabilization Units/ Hospitalization/Detox

HOW TO GET INVOLVED

- Volunteer to stage a TSPN exhibit at a local community event
- Request a suicide prevention training session for your agency
- Make a donation in memory or in honor of a loved one
- Memorialize a lost loved one with a panel on TSPN's "Love Never Dies" memorial quilts
- Distribute TSPN materials (which feature the National Suicide Prevention Lifeline number) within your agency or community
- Participate in TSPN's Gun Safety Project
- Contribute an article to one of TSPN's newsletters
- Share your personal experiences with suicide with others to help break the stigma
- Transcribe audio interviews for the "Live Through This" project
- Assist TSPN staff with assembling training packets and data entry
- Attend a TSPN regional meeting in your area (see the TSPN website at www.tspn.org)

YOU can become involved and start saving lives TODAY!

