

#TNWontBeSilent



AND NEITHER WILL WE!

WWW.TNWONTBESILENT.COM

**RAISING THE CONVERSATION
ABOUT SUICIDE PREVENTION
IN TENNESSEE**

ADMINISTRATIVE ORGANIZATION

THE JASON FOUNDATION, INC

18 VOLUNTEER DRIVE

HENDERSONVILLE, TN 37075

TNWBS@JASONFOUNDATION.COM



#TNWontBeSilent



Why #TNWontBeSilent?

- Each day in Tennessee we lose 3 individuals to suicide – that is an average of 1 loss every 8 hours – 24/7 – 7 days a week – 365 days a year.
- In 2017, we lost 127 more lives in Tennessee to suicide than to motor vehicle accidents.
- In Tennessee, suicide is the 3rd leading cause of death for our youth ages 10-24. We lose more young people to suicide than the 4th leading cause through the 10th leading cause **COMBINED**.
- For Tennesseans aged 10 – 65, suicide ranks as the 5th leading cause of death, with an average of more than 1,100 deaths annually.

Suicide is a leading cause of death across most age groups in Tennessee, impacting every community in our state.

Suicide is not only a leading cause of death in Tennessee, it is a leading cause of **PREVENTABLE** death according to the CDC (Centers for Disease Control and Prevention) and SAMSHA (Substance Abuse and Mental Health Services Administration).

Prevention begins with building a foundation of **Awareness** about this public health issue. We build upon this foundation with information, tools and resources to help individuals to be better able to recognize and know how to help assist someone who may be struggling with thoughts of suicide.



#TNWontBeSilent



What is #TNWontBeSilent?

#TNWontBeSilent is a campaign of collaborative partners ranging from non-profits, state agencies and businesses with The Jason Foundation, Inc. as the Administrative Organization whose goals are to:

Raise Awareness

Suicide is a major public health problem affecting Tennesseans across all ages and backgrounds. However, it is a problem we can successfully prevent in many, if not most, cases. We accomplish this by first generating positive “conversations” about suicide and suicide prevention in schools, churches, community organizations and communities in general.

Broaden the Safety Net

What do we mean by this? Simply equipping more individuals within our communities to be better able to recognize when someone may be struggling with thoughts of suicide AND know to assist that person in getting the help they need. Four out of five individuals will demonstrate “warning signs” before attempting suicide. If we know how better to recognize these warning signs and how to effectively respond, we have the opportunity to prevent 80% of suicides in Tennessee. That represents an average of over 880 lives annually!

Together, We Can Prevent Suicide!



#TNWontBeSilent



How can you be part of #TNWontBeSilent?

Individuals

- Start by visiting www.tnwontbesilent.com for ideas on how you first can become more “Aware” and “Prepared” to help prevent this tragedy of suicide in Tennessee.
- Go to www.jasonfoundation.com and take the online training at no-cost – we suggest “Youth Suicide: A Silent Epidemic” for general knowledge about specifically youth/young adult suicide.
- Check to see if your local schools are providing programs for their students and educators. If not, share with them information about how they can find resources and materials.
- Ask churches or organizations in your community to jointly host a “Community Day” training about suicide prevention. The Jason Foundation, as well as other partners, can help with training materials.
- Contact your local paper to run some of the print Public Service Announcements you can find on the #TNWontBeSilent website to help raise awareness and prevention efforts
- Get your local Rotary, Kiwanis, PTO and PTA groups to help educate the community
- Like and share suicide prevention information, possibly from The Jason Foundation, on your social media platforms
- Ask your children’s school to utilize suicide prevention curriculum
- Take the B1 Challenge @ b1.jasonfoundation.com
- Download the “A Friend Asks” App and encourage other to do so too
- Post warning signs and resources for help on your social media accounts

Non-Profits

- Utilize #TNWontBeSilent as one of your outreach programs – feel free to add your logo to “brand” your organization as one of the collaborative partners! There are downloadable signs, PSA scripts (social media is great for these) and other ideas on www.TNWontbeSilent.com
- Include information about the silent epidemic of suicide in your newsletters
- Place a link to the #TNWontBeSilent website on your website
- Consider making suicide prevention as the topic of your next luncheon (works well with Chambers of Commerce)

[Continued on Next Page]

#TNWontBeSilent



How can you be part of #TNWontBeSilent?

State Agencies

- Show your support by posting a logo and link on your website! Logos and links are available for download on the www.TNWontBeSilent.com website.
- If you have outreach programs, consider including #TNWontBeSilent in ones that reach communities across Tennessee.
- Contact The Jason Foundation to create social media PSAs that we can customize for your specific agency.
- Also, don't forget your own employees and their families – make sure each one is contacted and informed about your mission with #TNWontBeSilent.
- Offer The Jason Foundation's First Responder Training Module to fire departments, police department, and emergency services

Businesses

- Place a link to the #TNWontBeSilent website on your website. Logos and links are available for download on the www.TNWontBeSilent.com website.
- Consider putting a decal on your doors if you have foot traffic in your business, letting your customers know you are an important partner in #TNWontBeSilent. Contact The Jason Foundation for these decals.
- Print your own rack cards to hand to customers who want to know more about this mission.
- Educate your employees by placing posters and materials throughout your office or workplace
- Utilize televisions within waiting rooms to share information about warning signs and resources for help

Schools

- Place a link to the #TNWontBeSilent website on your website. Logos and links are available for download on the www.TNWontBeSilent.com website.
- Set up a computer station within the school lunchroom or library to encourage students to take the B1 Challenge @ b1.jasonfoundation.com
- Share suicide prevention protocols with staff to ensure that they know the steps to take should they recognize a student who may be struggling
- Research local resources for help that can be kept in classrooms and offices

#TNWontBeSilent



THANK YOU FOR YOUR INTEREST AND
SUPPORT. FOR MORE IDEAS TO BECOME
INVOLVED AND DOWNLOADABLE CONTENT,
VISIT THE WEBSITE.

WWW.TNWONTBESILENT.COM

 **The Jason
Foundation, Inc.**

ADMINISTRATIVE ORGANIZATION
THE JASON FOUNDATION, INC
18 VOLUNTEER DRIVE
HENDERSONVILLE, TN 37075
TNWBS@JASONFOUNDATION.COM