

How to (Virtually) Participate in Tennessee Suicide Prevention Network's
Statewide and Southeast Region
2020 Suicide Prevention Awareness Month Efforts



A Message from the Southeast Regional Director:

September is Suicide Prevention Awareness Month. Every year, September is a month for us to celebrate our accomplishments, remember those that have lost their lives to suicide, and focus on the work that needs to be done to help our community members who are feeling hopeless and thinking of suicide.

Every September, we secure proclamations from county government across the state. These documents illustrate the depth of this issue and reaffirm our local communities' commitment to suicide prevention.

We also have some type of regional suicide prevention focused event. This year, things look a bit different, but we will still gather (virtually) on the evening of September 29th for an event called "Lighting the Way to Hope."

As you will see, there are many ways you and your organization can be involved in everything we will be doing in the southeast region and across the state. Whether you want to just share the suicide prevention training information or share your organization's pledge, every bit helps.

I am so proud of our region and the dedicated people in it. I hope you will join us.

If you have any questions at all, please reach out!

-Rachel Gearing, Southeast Regional Director, Tennessee Suicide Prevention Network

rgearing@tspn.org



Ways to be involved:

- Participate in the TSPN statewide social media campaign (see page 3)
- Share what you or your organization pledges to do specific to suicide prevention via social media (see page 3)
- LEARN & encourage suicide prevention education (see page 4)
- Join our Southeast regional event on September 29th (see page 5)
- Hand out suicide prevention materials at your organization (page 5)
- Share the southeast TN resource directory (page 2)
- Order a TSPN t-shirt and wear it!
<https://tennesseesuicidepreventionnetworkshirtstore.bigcartel.com/>
- Register for the TSPN Statewide event here: <https://tspn2020.eventbrite.com>

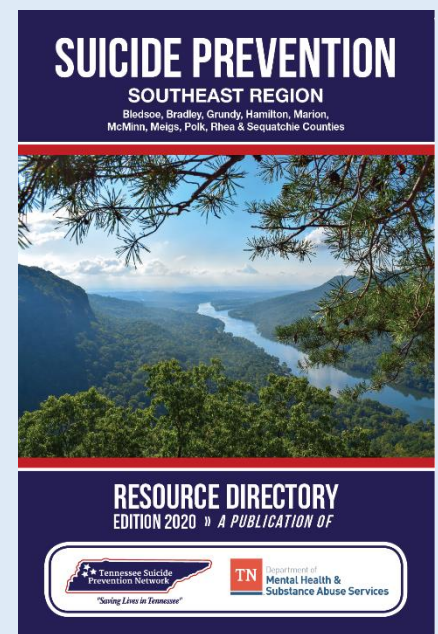


Suicide prevention messaging tips:

- Share at least one suicide prevention/mental health resource in your posts
 - For resources, check out the Southeast TN Suicide Prevention Resource Directory here: <https://www.tspn.org/wp-content/uploads/2020/08/TSPN-2020-Resource-Directory-Southeast-Region-PROOF9.pdf>
- Encourage seeking help for mental health challenges
- Emphasize prevention- We CAN prevent suicide deaths and it is everyone's responsibility to intervene when they see warning signs
- Educate about suicide warning signs, risk factors, protective factors
- Share stories of hope and overcoming life's challenges

Social media hashtag:

- #tspnvisionofhope2020



Statewide TSPN Social Media Kit:

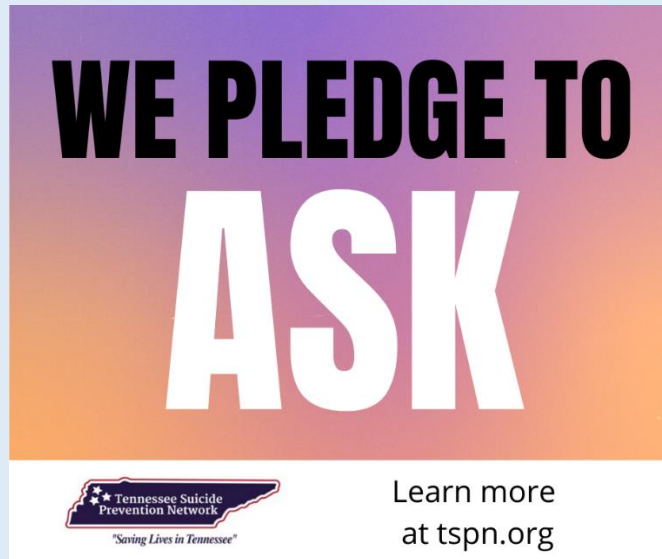
- The social media kit includes suggested daily Facebook and Instagram posts with accompanying images. These do not have to be used daily or on the exact days. Feel free to use the messages and accompanying images that speak to you and your organization.
- View the kit here: https://drive.google.com/file/d/1UAI-2G_j-cT_JI3aQ1VYSwPALPxr0a-1/view?usp=sharing
- If you would rather, you can also share Tennessee Suicide Prevention Network's social media posts
- Make sure to use #tspnvisionofhope2020 and tag TSPN
- Encourage employees to share suicide prevention resources and posts on their personal social media pages

Pledges:

Share one of the below images and your organization's pledge specific to suicide prevention. Here are some guiding questions to help you think about this:

- Do you pledge to make sure all members of your organization know basic suicide prevention information?
- Do you pledge to support and foster a culture of mental health in your organization and/or your community?
- Do you pledge to emphasize and model self-care across your entire organization?
- Do you promote communication, even of the tough stuff?
- OR share what you are already doing to support suicide prevention efforts. Your organization likely works to reduce risk factors and/or increase protective factors for suicide. How does what you do fit into a larger picture of suicide prevention?
 - Learn more about risk/protective factors here: <https://www.tspn.org/wp-content/uploads/2020/07/TSPN-Suicide-Risk-and-Protective-Factors-Flyer-2019.pdf>



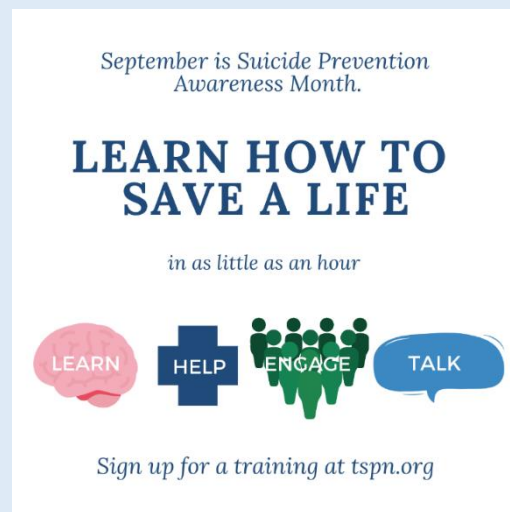


Learn more about suicide prevention:

- September is a great month to focus on learning more about saving lives from suicide. Schedule a training with TSPN or check out links at the end of the document for additional resources.
- You can also spread the word that TSPN offers FREE suicide prevention trainings with the images below



Facebook



Instagram

September 29th event:

- Register for the Southeast regional September event on September 29th from 8-9 PM here: <https://lighting-way-hope.eventbrite.com>
- Share the event flyer with your network!



Hand out suicide prevention materials:

- Want suicide prevention materials to hand out at your organization? Contact rgearinger@tspn.org.
 - You can also order brochures for free here: <https://www.taadas.org/free-literature?q=TSPN>



National Suicide Prevention Awareness Month resources:

- Suicide Prevention Resource Center "SUICIDE PREVENTION MONTH IDEAS FOR ACTION"
<https://www.sprc.org/sites/default/files/Suicide%20Prevention%20Month%20Ideas%20for%20Action%202020.pdf>
- Suicide Prevention Lifeline "Promote National Suicide Prevention Month"
<https://suicidepreventionlifeline.org/promote-national-suicide-prevention-month/>

Additional Resources:

- Suicide Prevention Resource Center "A Comprehensive Approach to Suicide Prevention"
<https://www.sprc.org/effective-prevention/comprehensive-approach>
- National Action Alliance for Suicide Prevention "Blueprint for Workplace Suicide Prevention"
<https://theactionalliance.org/communities/workplace/blueprintforworkplacesuicideprevention>
- TSPN "Warning Signs" <https://www.tspn.org/warning-signs/>
- TSPN "Protective Factors" <https://www.tspn.org/protective-factors/>
- TSPN "Risk Factors" <http://tspn.org/risk-factors/>

COVID-19 specific resources:

- Southeast TN COVID-19 tele-mental health resource guide
<https://www.tspn.org/wp-content/uploads/2020/08/SE-COVID19-Telehealth-Virtual-Resource-Guide.pdf>
- National Safety Council COVID-19 and workplace mental health
<https://www.nsc.org/work-safety/safety-topics/coronavirus/mental-health-and-wellbeing>
- American Psychiatric Association Foundation "Working Remotely During COVID-19: Your Mental Health and Wellbeing"
<http://workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>
- CDC "How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic" <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

Find the graphics included in this guide here:

<https://drive.google.com/drive/folders/1mZN9vJTQvyksLzh7pG3AHtdgagueuQ7yg?usp=sharing>

TSPN social media pages:

Facebook: /TSPNorg

Instagram: @tnsuicideprevention