



2021-2022

Mental Health and Suicide Prevention Services

Statewide Directory and Resource Information Guide



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Purpose

In any given year, over 1,000 people in Tennessee end their own lives. The emotional impact a suicide death can have on family members, friends, and communities can last many years, even a lifetime. A 2019 research study estimates that for every suicide death, up to 135 people are somehow affected by it, from close family members to acquaintances. Of these, about 15 to 30 experience long-term bereavement that exposes them to the risk of suicide themselves. *

The ultimate tragedy of suicide is that most of these deaths are preventable-but many people are unaware of the warning signs until it is too late. Furthermore, they may want help for their troubled friend or loved one, but they may not know how, where to go or who to call.

This resource guide represents the state of Tennessee's response to the problem. It is a joint production of the Tennessee Department of Health (TDH), the Tennessee Suicide Prevention Network (TSPN), and KidCentral, our state's clearinghouse on youth health and development resources. It provides basic information on what to look for, when to act, and who to contact for the various situations that may factor into a suicide crisis. It also offers guidance on population groups who are at high risk for suicide, the programs and coalitions working to prevent suicide in our state, and the laws and policies governing Tennessee's suicide prevention efforts.

We hope you never have cause to use the resources in this guide. But if you do, please remember that people are here to help you in your most desperate hour. Saving a life, your own or someone else's, should never be a solo effort. And it doesn't have to be--trained and caring professionals are available all over Tennessee to help you or your loved one live to see better days.

Sincerely,

Misty Leitsch, BBA, BSW
Executive Director, TSPN
www.tspn.org

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Suicide Prevention Program Director, TDH
www.preventsuicidetn.com

*Cerel, J., Brown, M., Maple, M., Singleton, M., van deVenne, J., Moore, M., & Flaherty, C. (2018). How many people are exposed to suicide? Not six. *Suicide and Life-Threatening Behavior*. DOI: 10.1111/sltb.12450. Retrieved from <https://onlinelibrary.wiley.com/doi/pdf/10.1111/sltb.12450>

Overview of Suicide in Tennessee

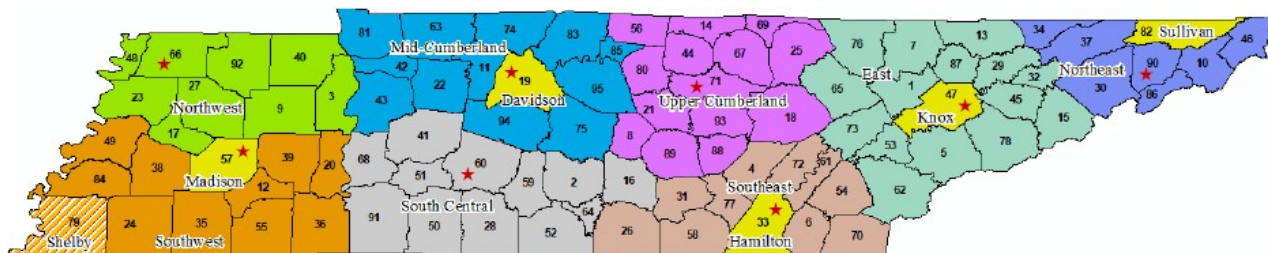
Suicide and suicide attempts in Tennessee have been on a steady increase over the last few years. According to the Tennessee Department of Health, suicide deaths rose by 13% between 2015 and 2019, with an 11% increase in the suicide rate per 100,000 population. As of 2019, this rate—17.9 per 100,000—is 29% higher than the rate for the U.S. at large.

In 2019, there were 7,294 emergency department (ED) visits and 2,523 inpatient hospitalizations for nonfatal intentional self-harm injuries--in other words, injuries associated with suicide attempts and intentional self-harm. In addition, there were 28,879 ED visits and 13,399 inpatient hospitalizations with suicidal ideation but no accompanying self-harm injury. The Department of Health estimates that the total cost of self-harm to the people of Tennessee was approximately \$57 million for hospitalization and \$33 million for ED visits.

For more suicide-related data in Tennessee, please visit the Tennessee Department of Health's Suicide Prevention Program webpage and view the 2021 Suicide Prevention Annual Report at www.preventsuicidetn.com. The report also includes 30 recommendations on how mental health and suicide prevention services can improve across Tennessee.

Tennessee Regions

TDH Administrative Regions and TSPN Network Regions



Metro Areas	Tennessee Department of Health Administrative Regions and TSPN Suicide Prevention Network Regions						
# Metro 57 Madison 19 Davidson 33 Hamilton 47 Knox 79 Shelby 82 Sullivan TDH Metro & TSPN Regional Network # Metro 79 Shelby	Northwest # County 3 Benton 9 Carroll 17 Crockett 23 Dyer 27 Gibson 40 Henry 48 Lake 66 Obion 92 Weakly Southwest # County 12 Chester 20 Decatur 24 Fayette 35 Hardeman 36 Hardin 38 Haywood 39 Henderson 49 Lauderdale 55 McNairy 84 Tipton	Mid-Cumberland # County 11 Cheatham 22 Dickson 42 Houston 43 Humphreys 63 Montgomery 74 Robertson 75 Rutherford 81 Stewart 83 Sumner 85 Trousdale 94 Williamson 95 Wilson	South Central # County 2 Bedford 16 Coffee 28 Giles 41 Hickman 50 Lawrence 51 Lewis 52 Lincoln 59 Marshall 60 Maury 64 Moore 68 Perry 91 Wayne	Upper Cumberland # County 8 Cannon 14 Clay 18 Cumberland 21 DeKalb 25 Fentress 44 Jackson 56 Macon 67 Overton 69 Pickett 71 Putnam 80 Smith 88 Van Buren 89 Warren 93 White	East # County 1 Anderson 5 Blount 7 Campbell 13 Claiborne 15 Cocke 29 Grainger 32 Hamblen 45 Jefferson 53 Loudon 62 Monroe 65 Morgan 73 Roane 76 Scott 78 Sevier 87 Union	Southeast # County 4 Bledsoe 6 Bradley 26 Franklin 31 Grundy 54 McMinn 58 Marion 61 Meigs 70 Polk 72 Rhea 77 Sequeatchie Northeast # County 10 Carter 30 Greene 34 Hancock 37 Hawkins 46 Johnson 86 Unicoi 90 Washington	
★ TSPN Rural Regional Office Locations							

Warning Signs

Death by suicide, suicide attempt, and suicidal ideation may affect anyone regardless of demographic characteristics. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors that deliberately or inadvertently signal their suicidal intent. Recognizing the warning signs and learning what to do next may help save a life.

The Warning Signs

The following behavioral patterns may indicate a possible risk for suicide. If they appear numerous or severe, seek professional help at once. Some individuals may exhibit verbal and/or behavioral warning signs. Some situations could put a person at risk of suicide. The Tennessee Statewide Crisis Line 1-855-274-7471 provides access to trained telephone counselors 24 hours a day, seven days a week. Also available is the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). One could also text “TN” to 741741 and be immediately connected to a trained crisis counselor.

Warning signs for suicidal behavior includes:

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Recent experience humiliation or failure
- Unwillingness to connect with potential helpers

Feelings, Thoughts, and Behaviors

Nearly everyone at some time in their life thinks about suicide. Most everyone decides to live because they realize that the crisis is temporary, but death is not. But people in a crisis often perceive their dilemma as inescapable and feel an utter loss of control. Frequently, they:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat, or work
- Can't get out of the depression
- Can't make the sadness go away
- Can't see the possibility of change
- Can't see themselves as worthwhile
- Can't get anyone's attention
- Can't seem to get control

Most individuals with thoughts of suicide do not want to die. Rather, they want a relieve from the emotional pain from which they suffer. They have tried everything they can think of to try and stop the pain, and nothing works or alleviates the pain and so they believe the only option left is suicide.

Risk and Protective Factors

Risk Factors

Risk factors are characteristics of a person or their environment that increases the likelihood that they will die by suicide. Risk factors include:

- ❑ History of depression and other mental illnesses
- ❑ Hopelessness
- ❑ Substance use
- ❑ Certain health conditions
- ❑ Previous suicide attempts
- ❑ Violence victimization and preparation
- ❑ Genetic and biological determinants
- ❑ High conflict or violent relationships
- ❑ Sense of isolation and lack of social support
 - Family/loved one's history of suicide
- ❑ Financial and work stress
- ❑ Inadequate community connectedness
- ❑ Barriers to health care
- ❑ Availability to lethal means
- ❑ Unsafe media portrayals of suicide
- ❑ Stigma associated with help-seeking and mental illness

Protective factors

Protective factors are personal or environmental characteristics that help protect people from suicide. When you increase protective factors, you reduce risk. Protective factors include:

- ❑ Cultural, religious beliefs, or personal beliefs that discourage suicide
- ❑ Support through ongoing health and mental health care relationships
- ❑ Strong coping/problem-solving skills
- ❑ Personal qualities such as resilience, high self-esteem, a direction or mission in life, determination, perseverance, optimism, and empathy
- ❑ Reasons for living
- ❑ Sense of social support
- ❑ Connectedness to family, community, individuals, and social institutions
- ❑ Access to effective mental health care and encouragement in seeking help
- ❑ Being able to recognize and respond to signs of risk

Accessing and Paying for Mental Health Services

Mental Health Parity and Addiction Equity Act of 2008

The federal Mental Health Parity and Addiction Equity Act of 2008 requires equitable coverage of substance use disorder and mental health benefits in public and private insurance. Plans covered by the Federal Parity Law cannot apply more restrictive financial requirements, including co-pays, deductibles, co-insurance, and other out-of-pocket costs, or treatment limitations, including quantitative (number or frequency of visits) and non-quantitative (medical management tools) limitations, to behavioral health benefits compared to other medical or surgical benefits covered by the plan.

If you have concerns about your health plan's compliance with parity law, contact the Tennessee Department of Commerce & Insurance. You can also file a complaint online on the Department's website, click "Resources and Services" at the top, select "File a Complaint", and then select "Complaints for Insurance Companies or Insurance Agents".

1-(800) 342-4029

www.tn.gov/commerce.html

The Parity Law applies to most insurers, including large group health plans, plans in the individual and small group markets, Medicaid managed care plans that offer coverage for Mental Health and/or Substance Use Disorder benefits, coverage provided through the Children's Health Insurance Program, and Medicaid Alternative Benefit Plans, including those provided to the Medicaid expansion population.

While the concept of parity is simple, the Parity Law itself is complex, and there have been serious challenges to its full implementation and enforcement. State departments are now primarily responsible for its enforcement. Tennessee recently passed model parity legislation that strengthens enforcement efforts by encouraging greater transparency and accountability from insurers and state regulators. Full implementation of the Parity Law would end discriminatory insurance coverage for those with mental health and substance use disorders. But that will only happen with increased vigorous enforcement and prompt notification from consumers about possible violations. You can also find more information about mental health parity at Tennessee Parity Project

<https://tnparityproject.org/>

**Tennessee Department of Mental Health and Substance Abuse Services
Behavioral Health Safety Net**

If a Tennessean is 3 years of age or older, has a qualifying mental health diagnosis, and has no behavioral health insurance, they may qualify for the Behavioral Health Safety Net (BHSN) of TN program. Services provided by this program include assessment, evaluation, diagnostic, therapeutic intervention, case management, transportation, peer support services, psychosocial rehabilitation services, psychiatric medication management, labs related to medication management and pharmacy assistance, and coordination. To learn more about the BHSN, please visit:

<https://www.tn.gov/behavioral-health/bhsn.html>

Resources and Services

Crisis and Intervention

Statewide

Statewide Crisis Telephone Line: 1-855-CRISIS-1 (1-855-274-7471)

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text “TN” to 741 741

Tennessee RedLine (substance abuse and other addictions): 1-800-889-9789

Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS)

TDMHSAS operates four Regional Mental Health Institutes (RMHIs) located in Bolivar, Chattanooga, Memphis, and Nashville. All four RMHIs are accredited by The Joint Commission and have deemed status with the Centers for Medicare and Medicaid Services (CMS). Additionally, the Department contracts with three privately-run psychiatric hospitals in East Tennessee for involuntary admissions to inpatient psychiatric treatment. For more information, see TDMHSAS’s Hospital Services page at www.tn.gov/behavioral-health/hospitals.html.

Youth Villages

Youth Villages provides help for children and young people (ages 5-17) within Tennessee and across the U.S. with emotional, mental, and behavioral problems. Services include residential treatment, intensive in-home treatment, and specialized crisis services.

East area: 866-791-9224

Southeast area: 866-791-9225

Upper Cumberland area: 866-791-9223

North Middle area: 866-791-9221

South Middle area: 866-791-9222

Rural West area: 866-791-9227

Memphis area: 866-791-9226

<https://www.youthvillages.org/about-us/locations/tennessee/>

West Region

Adult Mobile Crisis Shelby County: 901-577-9400

Youth Mobile Crisis Shelby County: 866-791-9226

Shelby County Crisis Center: 901-274-7477

Memphis Crisis Center (MCC)

This 24/7 365-day-a-year crisis line provides emotional support services, crisis de-escalation, suicide intervention, and links to community resources and trained volunteers. Along with the main crisis line, the MCC administers the Call4Kids Line, the Elder Lifeline, the HIV Care Line, and serves as the local affiliate of the National Suicide Prevention Lifeline. All services are free, safe, and confidential.

(901) 274-7477 / (901) CRISIS7

www.memphiscrisiscenter.org

Carey Counseling Center

Benton, Carroll, Gibson, and Henry Counties

Adult Mobile Crisis Hotline: 800-353-9918

<https://www.careycounselingcenter.org>

Pathways of Tennessee

Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, and Weakley Counties

Appointments: 800-587-3854

Mobile Crisis Hotline: 800-372-0693

<https://www.wth.org/services/pathways-behavioral-health-services>

Professional Care Services of West Tennessee, Inc.

Fayette, Lauderdale, and Tipton Counties

Covington: 901-476-8967 Dyersburg: 731-287-1794

Millington: 901-873-0305 Brownsville: 731-772-9002

Somerville: 901-465-9831 Ripley: 731-635-3968

Mobile Crisis Hotline: 800-353-9918

<https://www.pcswn.org>

Quinco Mental Health Center

Chester, Decatur, Hardin, Hardeman, and McNairy Counties

Appointments: 731-658-6113 Mobile Crisis Hotline: 800-467-2515

<https://www.quincocmh.com>

Mid-Cumberland Region

Mental Health Cooperative

Mental Health Cooperative is a story of hope, where science and a belief in human potential come together to form a very special place. The Mental Health Cooperative is passionate about supporting adults with serious mental illnesses and children struggling with emotional/behavioral challenges using unique and innovative approaches.

Intake: 615-743-1555 Mobile Crisis Hotline: 615-726-0125

<https://www.mhc-tn.org>

The Crisis Center

Family & Children's Service (FCS) serves all people in crisis and transition by meeting them where they are, understanding their needs, and connecting them to the resources they need. FCS often 'fills in the gaps' in social services, creating a safety net to ensure that all children and families can be safe and healthy. Each year FCS provides services to more than 50,000 Tennesseans.

Mobile Crisis Hotline: 615-244-7444

<http://www.fcsnashville.org>

Volunteer Behavioral Health Care System

Volunteer Behavioral Health Care System was established to bring together behavioral health professionals dedicated to caring for individuals in the communities VBHSC serves. Covering over 11,000 square miles in Tennessee, VBHCS provides a continuum of services to meet the needs of over one million Tennesseans.

Serves Rutherford, Sumner, Williamson, and Wilson Counties

Mobile Crisis Hotline: 800-704-2651

<https://www.vbhcs.org>

Centerstone

A full range of mental health and substance use disorder services to help you get through the tough times and live your best life.

Mobile Crisis Hotline: 800-681-7444

<https://centerstone.org>

South Central Region

Centerstone

A full range of mental health and substance use disorder services to help you get through the tough times and live your best life.

Mobile Crisis Hotline: 800-681-7444

<https://centerstone.org>

Upper Cumberland Region

Volunteer Behavioral Health Care System

Volunteer Behavioral Health Care System was established to bring together behavioral health professionals dedicated to caring for the communities VBHCS serves. Covering over 11,000 square miles in Tennessee, VBHCS provides a continuum of services to meet the needs of over one million Tennesseans.

Mobile Crisis Hotline: 800-704-2651

<https://www.vbhcs.org>

East Region

Volunteer Behavioral Health Care Center Mobile Crisis

Volunteer Behavioral Health Care System was established to bring together behavioral health professionals dedicated to caring for the communities VBHCS serves. Covering over 11,000 square miles in Tennessee, VBHCS provides a continuum of services to meet the needs of over one million Tennesseans.

Mobile Crisis Hotline: 800-704-2651

<https://www.vbhcs.org/>

Cherokee Health Systems

Cherokee Health Systems is committed to ensuring every Tennessean has access to effective, high-quality care. Cherokee Health Systems believes that nothing should stop someone from getting the care they need, and that's why Cherokee Health Systems make services available to anyone who needs them. They offer a wide array of comprehensive health services, including primary care, behavioral health, dental, and pharmacy. All services are available to children, adults, and seniors who have coverage through private insurance plans, coverage through state programs like TennCare or CoverKids, and those who have no insurance coverage. Cherokee Health Systems proudly offers sliding-fee scales to those who meet certain household size and income guidelines.

Serves Claiborne, Cocke, Grainger, Hamblen, Jefferson, and Union Counties

Mobile Crisis Hotline: 800-826-6881

<https://www.cherokeehealth.com/>

CONTACT Care Line

CONTACT Care Line is East Tennessee's oldest crisis hotline, answering crisis and other calls for help 365 days a year since November 3, 1973. Founded to address the need for immediate access telephone crisis services, the goal is to provide round-the-clock access for people in need. Through services that emphasize confidential, non-judgmental, and compassionate listening, CONTACT's staff and trained volunteers alleviate despair, isolation, distress, and suicidal feelings in callers from East Tennessee and beyond.

Serves Anderson, Blount, Grainger, Jefferson, Knox, Loudon, Roane, Sevier, and Union Counties

Mobile Crisis Hotline: 865-584-4424

<https://www.contactlistens.org/>

Helen Ross McNabb Center

The McNabb Center is the region's leading nonprofit provider of mental health, substance use, social and victim services. By focusing on an individual's "*Well Mind, Well Being*," the McNabb Center provides a quality and compassionate approach to care from infancy through adulthood. Since 1948, the Center has proudly served individuals with the most needs and fewest resources. Today, the McNabb Center delivers support to more than 30,000 people throughout East Tennessee each year.

Serves Blount, Knox, Loudon, Monroe, and Sevier Counties, all ages

Mobile Crisis Hotline: 865-539-2409

<https://mcnabbcenter.org/>

Peer Recovery Call Center

The Peer Recovery Call Center helps those who struggle with mental illness or substance abuse. It is a service provided by the Mental Health Association of East Tennessee. All calls are

answered by peers, people who have firsthand experience with mental illness and/or substance abuse. Peers provide callers with important resources and information about mental health and substance abuse. More importantly, peers can offer support and understanding as they have firsthand experience with mental illness and/or substance abuse. The peers will follow up with support calls if given a caller's permission.

Serves entire East TN Region

Phone: 865-584-9125

<https://www.tn.gov/behavioral-health/mental-health-services/peers/call-center.html>

Ridgeview Behavioral Health Services

Ridgeview is a private, not-for-profit community mental health center based in Oak Ridge, Tennessee. Since its inception in 1957, Ridgeview has expanded services to over 23 sites in a five-county geographic area, including Anderson, Campbell, Morgan, Roane, and Scott counties. Ridgeview's range of programs and services provides individualized care for adults, children, and youth. Services are provided by highly trained and caring professionals that include psychiatrists, psychologists, registered nurses, social workers, licensed therapists, substance abuse counselors, and care coordinators. Multidisciplinary teams plan and provide comprehensive treatment to improve the quality of life of people they serve.

Serves Anderson, Campbell, Morgan, Roane, and Scott Counties

Mobile Crisis Hotline: 800-870-5481

<https://www.ridgeview.com/>

Northeast Region

Frontier Health

Founded in 1957, Frontier Health is the region's leading provider of behavioral health services, offering treatment for mental health, co-occurring, and substance abuse problems, recovery and vocational rehabilitation, and developmental and intellectual disabilities services.

Locations throughout Northeast TN and Southwest VA.

Mobile Crisis Hotline: 877-928-9062

<https://www.frontierhealth.org/>

Education and Training

Tennessee Mental Health Consumers' Association

The Tennessee Mental Health Consumers' Association (TMHCA) is Tennessee's only statewide organization owned and operated by people in recovery from mental health issues or addiction. TMHCA has over three decades of experience helping people find hope in their life.

TMHCA serves as a voice for people often unable to speak out on their own behalf.

Phone: 888-539-0393

<https://tmhca-tn.org/>

NAMI Tennessee

The state affiliate of the National Alliance on Mental Illness, NAMI Tennessee is grassroots, non-profit, self-help organization made up of people with mental illness, their families, and community members. It offers online and in-person support groups and classes across the state, along with opportunities for public advocacy.

Office 615-361-6608

NAMI TN Helpline: 800-467-3589

<https://www.namitn.org>

African American Faith Communities Suicide Prevention Education

The Tennessee Department of Mental Health and Substance Abuse Services promotes ongoing suicide prevention, education, and training for African American and other faith communities, healthcare providers, service recipients, and family members. In collaboration with faith leaders, other state departments, and community mental health agencies, the Department plans and coordinates suicide prevention educational programs that help people:

- ❑ Identify signs and symptoms of mental health diagnoses and suicidal behaviors
- ❑ Learn about effective treatment modalities and interventions
- ❑ Understand what people with mental illness and their families can do to help themselves
- ❑ Know how to help a person who may be exhibiting suicidal behaviors
- ❑ Learn about the mental health resources in their community

For more information, contact Gwen Hamer, Director, Education and Development Director at 615-532-6510 or gwen.hamer@tn.gov

Your Heart on Art

Your Heart on Art offers unique art classes and workshops that help all people of all backgrounds within Middle Tennessee process their feelings visually through the creative expressive arts.

Phone: 615-456-3777

<https://yourheartonart.com/>

Tennessee Association of Alcohol, Drug, and Other Addiction Services (TAADAS)

TAADAS educates and supports people with substance abuse issues, their families, and service providers. It also engages in advocacy for policy and advocate for prevention, treatment, and recovery services in Tennessee.

Phone: 1-800-889-9789

<https://www.taadas.org/>

Center for Family Development

The Center for Family Development is a non-profit organization dedicated to providing a holistic approach to meeting the needs of families in Middle Tennessee. Its offerings include classes for new parents and those undergoing challenges, as well as adult caregivers.

Phone: 931-684-4676

<https://mytcfcd.org/internship/>

Mental Health America (MHA)

MHA is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all. MHA's programs and initiatives fulfill its mission of promoting mental health and preventing mental illness through advocacy, education, research, and services. MHA's national office and its 200+ affiliates and associates around the country work every day to protect the rights and dignity of individuals with lived experience and ensure that peers and their voices are integrated into all areas of the organization. MHA has two regional affiliates within Tennessee. More information on their specific services from the affiliates themselves:

MHA of East Tennessee, Inc.

(865) 584-9125

www.mhaet.com

MHA of the MidSouth

(615) 269-5355

<https://mhamidsouth.org>

The Jason Foundation

The Jason Foundation is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

<https://jasonfoundation.com/>

Tennessee Voices for Children

Tennessee Voices for Children offers a variety of programs and trainings designed for parents, caregivers, educators, and mental health professionals. Each program or training is specifically designed to incorporate knowledge and skills to help serve children and families in our communities. Trainings and programs are offered in various locations across the state. To find a list of current trainings/programs in your area, please see the sidebar on their website and upcoming dates on their events calendar.

<https://tnvoices.org/>

Tennessee Suicide Prevention Network (TSPN)

TSPN offers suicide prevention training, support, and resources within all 95 counties of Tennessee.

<https://tspn.org/trainings/>

Mental Health Support



The Tennessee Statewide Crisis Line

The Tennessee Statewide Crisis Line is available 24 hours a day and 365 days a year, is a free resource for anyone experiencing a mental health crisis. All calls are routed to a trained crisis counselor in your area, who will provide you support and guidance, and work to connect you with appropriate community resources.

<https://www.tn.gov/behavioral-health/need-help/crisis-services.html>

CRISIS TEXT LINE |

The Crisis Text Line

The Crisis Text Line offers free and confidential mental health/crisis intervention services via text message 24/7. You can be connected to a trained volunteer counselor in less than five minutes, with referrals to other services as needed.

Text "TN" to 741741

<https://www.crisistextline.org/>



The Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA maintains the National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for people and families facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

1-800-662-HELP, or 1-800-662-4357

<https://www.samhsa.gov/>

SAMHSA also offers an online Behavior Health Treatment Services Locator

(<https://findtreatment.samhsa.gov/>). Enter your address to find mental health and substance treatment facilities within your area.

Support Groups

Resources are available for people affected by the unique brand of grief associated with losing a loved one to suicide. First, some basic guidelines...

- Even if you feel that you cannot survive, know that you can.
- Feelings of shock, guilt, blame, anger, relief, depression, and isolation are common responses to grief. These emotions can be overwhelming but know that they are normal.
- Each survivor grieves in his own way and at his own pace.
- Seek out people who are willing to listen without judging.
- Remember that many people are affected by suicide.
- Seek professional help if needed.
- Take care of yourself—physically, mentally, emotionally, and spiritually.
- This is the hardest thing you will ever do. Be patient and do not try to do it by yourself.
- Remember, **HEALING TAKES TIME**.

Survivors of Suicide (SOS) Support Groups

These groups are available across the state for anyone who has lost a loved one through suicide or is helping someone affected by suicide grief. They offer safe places for people to explore their feelings of grief and anger, and to raise questions and doubts. Survivors can attend an SOS meeting the day of the funeral, a few months after, or even years later. Survivors are free to talk or just listen. At the time of this publication, all support groups are active.

Chattanooga (Hamilton County)

Suicide Loss Support Group

1st and 3rd Tuesdays of the month at 11:30 AM

Contact: 423-805-7112, 888-340-7830

grief@alleohealth.org

Cookeville (Putnam County)

GriefShare

Mondays at 5:30 PM, Tuesdays at 9:30 AM, and Wednesdays at 1 PM

Contact: Marlene Bassetts and John Schaefer at (931) 644-9600 mr.john2889@gmail.com

“Journey” grief support group

Held periodically; call (931) 525-2600 or email info@heartofthecumberland.org for next course date.

Franklin (Williamson County)

Survivors of Suicide Loss (Adult)

Every Monday at 7:00 PM

Survivors of Suicide Loss (Youth)

Every Thursday at 5:30 PM

Contact: (615) 244-7444

Huntingdon (Carroll County)

Survivor of Suicide Loss Support Group

1st Saturday of the month at 8:30 AM

Contact: Christy Blount at cblount2@utm.edu

Jackson (Madison County)

Survivors of Suicide

2nd Thursday of the month at 6:30 PM

Contact: Paula Terry at (731) 609-8897

pcterry64@yahoo.com

Jefferson City (Jefferson County)

ComPaSS (Communicating the Pain as Suicide Survivors)

1st Thursday of the month at 6 PM

Contact: Cynthia Lynn at (865) 680-3256

clynn3118@gmail.com

Johnson City (Washington, Carter, and Sullivan Counties)

Survivors of Suicide

2nd Tuesday of the month at 6 PM

Contact: Dr. Barbara Sims at barb@bsims.net

Knoxville (Knox County)

ComPASS (Communicating the Pain as Suicide Survivors)

2nd Monday of the month at 6 PM

Contact: Mark Potts at (865) 374-7106

mpotts@covhlth.com

Suicide Grievors Support Group

2nd Thursday of the month at 7 PM

Contact: Paula J. Alexander at pj4031@tds.net

Memphis (Shelby County)

Healing Hearts Suicide Grief Support Group

3rd Thursday of the month at 6:30 PM

Contact: Kerry Mitchell at (901) 208-6814 or momofjamaie@yahoo.com for information on this group or satellite locations in Oxford and Southaven, Mississippi.

Murfreesboro (Rutherford County)

Survivors of Suicide Loss

Every Thursday at 7:00 PM

Contact: (615) 244-7444

Nashville (Davidson County)

Survivors of Suicide Loss

Every Tuesday at 7:00 PM

Contact: (615) 244-7444

Savannah (Hardin County)

Survivors of Suicide (SOS) Support Group Meeting

4th Monday of the month at 6 PM

Contact Dr. Kelly Young at (731) 212-2482 or 215-0733

Sevierville (Sevier County)

ComPASS (Communicating the Pain as Suicide Survivors)

3rd Thursday of the month at 6 PM

Contact: Dr. Cynthia Lynn or Jack and Robin Maples; (865) 654-8247 or 680-3256 or

clynn3118@gmail.com

Spring Hill (Maury and Williamson County)

Grieving Loss by Suicide

1st Tuesday of the month at 6:30 PM

Contact: Karyl Chastain Beal at (931) 674-2314 or karyl@columbia@cs.com

More information available at <https://www.grief-after-suicide.com/>

Winchester (Franklin County)

GriefShare

Contact: Pastor Jerry Jochem at (931) 636-1120 or jochem131@abundantlifewin.org

Some northeast Tennessee residents may find it more convenient to participate in the Survivors of Suicide group currently operating out of Bristol, Virginia. This group meets on the 1st Friday of the month at 7 PM. Call (276) 466-2218, (276) 828-7731, or (877) 928-8522 for details.

Additionally, the Lee County Survivors of Suicide Support Group meets the 4th Thursday of each month at Lee Behavioral Health in Jonesville, Virginia. For more information, contact Bill & Phyllis Russell at (276) 346-1641 or Lee Behavioral Health at (276) 346-3590.

Additional Resources

“SOS: A Handbook for Survivors of Suicide”

A publication of the American Association of Suicidology. Written by a survivor for survivors, the guidebook addresses the unique aspects of suicide loss and grief and offers suggestions for what to do in the aftermath.

English: https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

Spanish: https://suicidology.org/wp-content/uploads/2019/07/SOS_Espanol.pdf

Online Suicide Loss Support Groups

Parents of Suicides/Family & Friends of Suicide (POS)/(FFOS): www.pos-ffos.com

Suicide Grief Support Forum: www.suicidogrief.com

Compassionate Friends: www.compassionatefriends.org

Substance Abuse and Addiction



The graphic is a promotional banner for the Tennessee REDLINE. It features a dark orange background with a pattern of lighter orange squares. On the left, there is a silver smartphone. In the top left corner, a dark orange box contains the text "Your One Stop Shop for Addiction and Mental Health Referrals" with three right-pointing chevrons. The main title "Tennessee REDLINE" is in large, bold, red letters. Below the title, two columns of services are listed in white text. At the bottom center, a dark orange button displays the toll-free number "1.800.889.9789" and a right-pointing chevron. Below the button, the text "Call us toll free 24/7" is written in white. At the very bottom left, in small white text, it says "This project is funded by the Tennessee Department of Mental Health and Substance Abuse Services."

Your One Stop Shop for Addiction and Mental Health Referrals >>>

Tennessee REDLINE

- Alcoholism
- Drug Dependence
- Gambling Addiction
- Eating Disorders
- Depression
- NAS
- PTSD
- Resources for Domestic Violence
- Smoking/Tobacco
- General Mental Health
- HIV/Aids
- Free Literature (shipped to your door)
- Federal Marketplace Assistance
- Shelters and Transitional Living

1.800.889.9789 >

Call us toll free 24/7

This project is funded by the Tennessee Department of Mental Health and Substance Abuse Services.

The Tennessee REDLINE

The Tennessee REDLINE is a toll-free information and referral line coordinated by TAADAS and funded by the Tennessee Department of Mental Health Substance Abuse Services. The purpose of the REDLINE is to provide accurate, up-to-date alcohol, drug, problem gambling, and other addiction information and referrals to all citizens of Tennessee at their request. The Redline provides referrals for Co-Occurring A&D disorders that arise along with Mental Health disorders.

The Tennessee REDLINE is promoted, and calls are received, from all over Tennessee. Treatment and other program referrals are made on the REDLINE. Callers are provided with at least three referral sources when possible. REDLINE staff does not do therapy or counseling with the caller or substance abuser, but they give callers the information to put them in touch with someone who will provide a diagnosis, prognosis, or assessment of the mental or physical health of the substance user/abuser. The REDLINE strives to provide the caller with specific referrals based on their stated needs.

1-800-889-9789

<https://www.tn.gov/behavioral-health/substance-abuse-services/prevention/tennessee-redline.html>

Domestic and Sexual Violence

Tennessee's Statewide Domestic Violence Helpline

Tennessee's Statewide Domestic Violence Helpline has counselors available 24/7 to offer referrals and supportive listening, help with safety planning, and connect callers with shelter and other information.

1-800-356-6767

Tennessee Coalition to End Domestic and Sexual Violence

The Tennessee Coalition to End Domestic and Sexual Violence offers projects and services to serve survivors of domestic violence and sexual assault, domestic violence and sexual assault programs, community groups and organizations, criminal justice agencies, allied professionals (medical, legal, mental health, etc.) and individuals seeking information and resources across the state. The mission of the Coalition is to end domestic and sexual violence in the lives of Tennesseans and to change societal attitudes and institutions that promote and condone violence, through public policy advocacy, education and activities that increase the capacity of programs and communities to address such violence.

Reach staff from 8am-5pm every Monday through Thursday

615-386-9406

<https://tncoalition.org/>

National Domestic Violence Hotline

The National Domestic Violence Hotline offers nationwide resources for survivors of domestic violence. Chat is available on the Hotline's website. You may also text "START" to 88788.

1-800-799-SAFE, or 1-800-799-7233. The TTY number is 1-800-787-3224

<https://www.thehotline.org/>

The Sexual Assault Center of Middle Tennessee

The Sexual Assault Center of Middle Tennessee operates a statewide 24-hour Crisis & Support Line. This hotline can provide support, referrals, and information for people dealing with sexual assault either immediately after the attack or years later.

1-866-811-RISE or 1-866-811-7473

<https://www.sacenter.org/>

The National Sexual Assault Hotline

The National Sexual Assault Hotline also has live chat available on the website of the Rape, Abuse, and Incest National Network (RAINN).

1-800-656-HOPE or 1-800-656-4673

<https://rainn.org/>

You Have the Power

You Have the Power is a statewide crime victims' rights support network, which offers regularly updated resource guides on both domestic and sexual violence issues with comprehensive county-specific phone directories. Both the *When Violence Hits Home* domestic violence guide and the *You Too* sexual assault guide are available for free on their website.

<https://yhtp.org/resource-guides>.

Advocacy/Legal Services

TennCare Advocacy Program

TennCare Advocacy Program helps you apply, use, and keep TennCare. It is a free service for all Tennesseans, and all calls are confidential. We help provide information about, assistance with, and referrals to TennCare. Call us to find out if you qualify for TennCare coverage, find out how to apply or reverify your coverage, understand your benefits, understand what services are available and how to get them, and find out how to file an appeal.

Phone: 1-800-758-1638 or 1-800-722-7474

<https://www.tenncareadvocacy.com/>

Legal Aid Society

The mission of Legal Aid Society of Middle Tennessee and the Cumberland's ("LAS") is to advance, defend, and enforce the legal rights of low-income and vulnerable people to secure for them the necessities of life. The Legal Aid Society is Tennessee's largest nonprofit law firm that takes a comprehensive approach to providing high quality, free, civil legal services, and community education for people to protect their livelihoods, their health, and their families.

Phone: 1-800-238-1443

<https://las.org/>

West TN Legal Services (WTLS)

WTLS is a non-profit organization that provides aid in civil cases to individuals, families, and communities. Our goal is to make this service available to the underserved populations of Benton, Carroll, Chester, Crockett, Dyer, Decatur, Gibson, Hardeman, Hardin, Haywood, Henry, Henderson, Lake, McNairy, Madison, Obion, and Weakley counties.

Phone: 731-423-0616

<https://www.wtls.org/>

Upper Cumberland Family Justice Center

The Upper Cumberland Family Justice Center is a coalition of agency and governmental partners who offer services and assistance to victims of domestic violence, sexual assault, child abuse, and elder abuse. Onsite partners are from the fields of social services, victim advocacy, civil legal aid, counseling, law enforcement, and prosecution.

Phone: 931-528-1512

<http://www.ucfamilyjusticecenter.org/>

Legal Aid Society of East Tennessee

For over 50 years, Legal Aid of East Tennessee has worked to build stronger communities and improve lives by providing high-quality legal services free of charge to qualifying individuals.

Phone: 423-928-8311

<https://www.laet.org/>

Assistive Technology

Bridges for the Deaf and Hard of Hearing

Bridges for the Deaf and Hard of Hearing offers after-hours interpreting services for emergencies, including mental health situations. If you need an interpreter for a medical or mental health emergency and you live in Middle Tennessee, you can contact Bridges TN at these numbers Monday through Friday between 8:30 AM and 5 PM:

Voice/TTY: 615-248-8828

Video Phone: 615-290-5147 (local); 866-385-6524 (toll-free)

After hours or on weekends, you may call 615-244-0979.

If you live in Shelby, Fayette, Tipton, Lauderdale, or Haywood Counties, you may reach BridgesWEST at these numbers Monday through Friday between 8:30 AM and 5 PM:

Voice/TTY: 901-701-6800 (Memphis)

Videophone: 901-612-3416 (Memphis)

After hours or on weekends, you may call 901-701-8911.

The Crisis Text Line

The Crisis Text Line can assist people with hearing loss by texting “TN” to 741741.

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline offers a chat service via its website. TTY users may use their preferred relay service or dial 711 then 1-800-273-8255.

www.suicidepreventionlifeline.org

Veterans Crisis Line

Veterans and service members with hearing loss and/or their loved ones may contact the Veterans Crisis Line by sending a text to 838255 or engage in an online chat with a Veterans Crisis Line responder via their website

www.veteranscrisisline.net

High-Risk Populations

Suicide is neither limited to nor unknown among any ethnic, religious, or socioeconomic group. People from all backgrounds can suffer incapacitating mental illness or severe emotional trauma that can lead to suicide. However, some population groups have additional concerns that should be considered during counseling or suicide prevention outreach.

The Tennessee Suicide Prevention Network maintains a library of brochures addressing suicide risk among these groups, including:

- ☐ Teens and young adults
- ☐ College students
- ☐ Middle-aged adults
- ☐ Older adults
- ☐ The LGBTQI+ community
- ☐ African Americans
- ☐ Victims of bullying
- ☐ Veterans and members of the armed forces
- ☐ People with substance abuse issues
- ☐ Farmers and people who work in agricultural professions

All these brochures are available on the TSPN website for free download and printing. You can also order copies in bulk via this same site.

<https://tspn.org/resources/tspn-brochures>

In addition to this, the Tennessee Department of Health highlights data on high-risk populations within Tennessee in their annual report located on their website.

www.preventsuicidetn.com

Means Reduction and Safe Storage

One of the most overlooked aspects of suicide prevention is means reduction: keeping a suicidal person from getting hold of items they might use to harm themselves until they are out of immediate danger. Below are several resources that discuss means reduction and safe storage.

The Means Matter Project at the Harvard School of Public Health,

The Means Matter Project at the Harvard School of Public Health pioneered the means reduction concept, which is based on the following observations from years of suicide research:

- ❑ Many suicide attempts occur with little planning during a short-term crisis.
- ❑ 90% of people who attempt suicide but survive do not go on to die by suicide later.
- ❑ People who attempt suicide tend to use whatever means are immediately available (pills, ropes, guns, etc.).
- ❑ Research shows that access to firearms is a critical factor in suicide. About 85% of attempts involving a gun are fatal; this fatality rate is far higher than other methods.
- ❑ When lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline. The installment of bridge barriers, the detoxification of domestic gas, and changes in pesticide formulas and medication packaging have all demonstrated the power of means reduction.

Detailed information on the means reduction concept is available at the Means Matter project website www.hsph.harvard.edu/means-matter

Tennessee Suicide Prevention Network (TSPN)

TSPN offers several resources on reducing lethal means within the home:

- ❑ "Steps Towards a Safer Home" details how to conduct a "safety sweep" during an active suicide crisis: checking rooms for dangerous items (razors, medications, sharp objects, and guns) and temporarily securing them within or outside the home.
- ❑ "Suicide-Proofing Your Home" is written with parents in mind, with recommendations on pre-emptive safety measures that can prevent self-harm by their children.
- ❑ "Gun Safety Rules" discusses responsible firearm ownership, including temporary offsite storage of guns when someone in the home is in an emotional crisis.

All these brochures are available at the TSPN website <https://tspn.org/resources/tspn-brochures>. TSPN also educates owners of gun shops and firing range owners on how they can identify, address, and assist potentially suicidal customers. More information about the project is available at <https://tspn.org/initiatives-outreach/gun-safety-project/>.

Counseling on Access to Lethal Means Training

Counseling on Access to Lethal Means Training helps mental health and healthcare providers implement counseling strategies to assist clients and their families reduce access to lethal means, particularly (but not exclusively) firearms. People outside the healthcare professionals may also benefit from this two-hour free online program.

<https://zerosuicidetraining.edc.org>

Suicide Prevention Groups and Coalitions

Tennessee Department of Health

Suicide Prevention Stakeholder Task Force

Members of the task force meet quarterly to identify gaps in mental health and suicide prevention programs and services, finding ways to resolve these shortfalls to reduce suicide attempts and deaths in Tennessee.

Population Served: All Tennessee residents

<https://www.tn.gov/health/health-program-areas/fhw/vipp/suicide-prevention/suicide-prevention-task-force.html>

Tennessee Suicide Prevention Network

Advisory Council

The TSPN Advisory Council is an independent, non-partisan, voluntary group of individuals, organizations, and agencies (public and private) who promote community awareness of the signs of suicide and intervention strategies to prevent suicide.

Population Served: All Tennessee residents

<https://tspn.org/about-tspn/advisory-council/>

Governor's Challenger to Prevent Suicide Among Service Members, Veterans, and their Families

This task force addresses suicide risk among the military, both veterans and active personnel.

Population Served: Veterans, active military, and their families

Intra-State Departmental Group

These state representatives of their respective departments advise TSPN's Advisory Council on an ex officio basis.

Population Served: All Tennessee residents

Suicide Prevention in the African American Faith Communities Coalition

This task force creates and carries out action items to reduce suicide risk among African Americans.

Population Served: African American community

Tennessee Farmers Suicide Prevention Task Force

This task force creates and carries out action items to reduce suicide risk among farmers, ranchers, and agricultural workers.

Population Served: Farmers, ranchers, and agricultural workers

Tennessee First Responders Task Force

This task force develops strategies to reduce suicide risk among law enforcement, EMS, fire personnel, and other first responders.

Population Served: Law Enforcement, Emergency Medical Services (EMS), Fire personnel, and other first responders

<https://tspn.org/initiatives-outreach/active-task-forces/tennessee-farmers-suicide-prevention-task-force/>

Tennessee Veterans Suicide Prevention Task Force

This task force serves to unite veteran serving organizations throughout Tennessee towards the goal of suicide prevention. The task force will meet to create and carry out action items to best help the at-risk population of veterans.

Population Served: Veterans

<https://tspn.org/initiatives-outreach/active-task-forces/tennessee-veterans-suicide-prevention-task-force/>

University of Tennessee Extension

Farm and Ranch Stress Network (FRSAN)

This network will coordinate six specific strategies designed to help rural citizens and communities. These include establishing a hotline for immediate accessibility, developing a comprehensive website with information and resources to address individual situations, and curating and creating resources for the website. The effort will also establish training for representatives working within rural communities to support individuals through direct services or support groups. Research into how to alleviate farmer and rancher stress and the issues endemic to rural communities is also part of the effort.

Population Served: Farmers, ranchers, and agricultural workers

Suicide Prevention Laws and Policies

Jared's Law of Tennessee

Jared's Law requires all Local Education Associations (LEA) employees to complete two hours of training annually in suicide prevention and awareness. It also requires LEAs to develop a policy on suicide prevention awareness.

Population Addressed: K-12 schools

Kenneth and Madge Tullis Act: TCA § 63-1-125 (2019)

The Tullis Act requires licensed behavioral health and health professionals in Tennessee with direct patient or client contact to complete two hours of suicide prevention training every four years. This requirement includes social workers, marriage and family therapists, professional and pastoral counselors, alcohol and drug abuse counselors, occupational therapists, and other professionals working in mental health and substance abuse.

Population Addressed: Behavioral health and healthcare professionals

Mental Health Parity: HB 2355/SB 2165

This statute aligns definitions in the state's parity law with the federal Parity Act. It defines mental health and substance abuse conditions covered by Tennessee's parity law; requires that insurers use American Society of Addiction Medicine clinical review criteria or other evidence-based clinical guidelines; requires the Tennessee Department of Commerce and Insurance (TDCI) to implement and enforce provisions of the Federal Parity Act and report its parity enforcement activities to the General Assembly; and requires TDCI to request detailed analyses of plans' parity compliance.

Population Addressed: General Population

Suicide Prevention for Veterans

This act requires the Tennessee Department of Veterans Services to provide training in suicide prevention to their employees directly interacting with veterans.

Population Addressed: Veterans

Suicide Prevention in Higher Education HB 1354/ SB 1175

This statute requires higher education institutions to develop and implement suicide prevention plans for students, faculty, and staff. It also requires them to provide their plan to students, faculty, and staff at least once each semester.

Population Addressed: Higher Education Institutions

The Jason Flatt Act of Tennessee HB 0101/ SB 0057 Public Chapter 45

The Flatt Act mandates two hours of youth suicide awareness and prevention education each school year for all school personnel, including principals and teachers. This education is required for teachers to maintain their teaching licenses. Staff can pursue this training through self-review of suitable suicide prevention material.

Population Addressed: K-12 schools

Suicide Prevention Programs and Services

Note: All the following programs and resources are available at no cost to recipients.

Programs

Alcohol and Drug QPR (A & D) Gatekeeper Training

This 60-120 minute in-person customized version of QPR focuses on the role substance abuse plays in suicide.

Audience: General population

<https://tspn.org/trainings/request-training-now/>

Applied Suicide Intervention Skills (ASIST) Training

This two-day in-person training provides intensive suicide first-aid training, teaching participants how to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safety plan, and prepare for follow-up.

Audience: General population

<https://tspn.org/trainings/request-training-now/>

“Be the One” Suicide Prevention Workforce Campaign

This two-hour in-person workplace gatekeeper training is provided to employees in the workplace. Participants learn specific skills for identifying and intervening with co-workers at risk for suicide.

Audience: Employees in organizations who have implemented the Be the One Campaign

<https://www.tn.gov/behavioral-health/need-help/be-the-one/training.html>

CALM: Counseling on Access to Lethal Means Training

This two-hour online training helps providers implement counseling strategies within their care practices to assist clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms.

Audience: Mental health and healthcare providers, but also available for the general population

<https://zerosuicidetraining.edc.org>

Columbia-Suicide Severity Rating Scale (C-SSRS)

This 30-minute online training teaches participants how to identify whether someone is at risk for suicide, assess the severity and immediacy of risk, and gauge the level of support the person needs.

Audience: General population

<https://tspn.org/trainings/request-training-now/>

General Suicide Prevention Training

This in-person presentation covers the basics of suicide prevention, including warning signs.

Audience: General population

<https://tspn.org/trainings/request-training-now/>

Gun Safety Project

The project features a 30-minute training component that helps gun shop and firing range owners and employees identify, address, and assist potentially suicidal customers.

Audience: Gun shop and firing range owners

<https://tspn.org/initiatives-outreach/gun-safety-project>

I.C. Hope (Erase the Stigma Program)

I.C. Hope provides age-appropriate education and curricula to children and youth about mental health stigma and the importance of mental health wellness.

Audience: Children/youth

<https://mhamidsouth.org/support/erasing-the-stigma-i-c-hope>

Juvenile Justice Diversion Program

This program focuses on youth referred to or adjudicated by a juvenile court for a delinquent/unruly charge at risk of being placed in TDCS custody. It emphasizes mental health treatment via community-based services rather than commitments to state custody.

Audience: Children and youth involved in the juvenile justice system and those who work with this population

<https://www.tn.gov/behavioral-health/children-youth-young-adults-families/juvenile-justice-diversion.html>

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Intersex QPR (LGBTQI+) Gatekeeper Training

This 60-120 minute in-person customized version of QPR focuses on suicide risk within the LGBTQI+ population.

Audience: General population

<https://tspn.org/trainings/request-training-now/>

Mental Health First Aid (MHFA) Training

This one-day in-person training teaches participants to identify, understand, and respond to signs of mental illnesses and substance use disorders. The course introduces participants to risk factors and warning signs of mental health concerns, builds understanding of their impact, and provides an overview of standard treatments.

Audience: General population

<https://www.tspn.org/request-training-now>

Mental Health 101

This middle school and high school curriculum reduce the stigma of mental illness while raising awareness about suicide.

Audience: Middle school and high school aged youth

<https://www.mhaet.com/what-we-do/mental-health-101>

Postvention Training

This variable-length in-person training teaches participants to coordinate a comprehensive and safe response to a suicide affecting a business, school, or organization. It includes suggestions for talking to persons bereaved by suicide loss to promote healing and identification of community resources.

Audience: General population

<https://www.tspn.org/request-training-now>

Pre-Arrest Diversion Infrastructure Program

This program aims to reduce or eliminate the time people with mental health, substance abuse, or co-occurring disorders spend incarcerated by redirecting them from the criminal justice system to community-based treatment and supports.

Audience: Adults involved in the criminal justice systems

<https://www.tn.gov/behavioral-health/mental-health-services/adults/pre-arrest-diversion-infrastructure-program.html>

Project BASIC (Better Attitudes and Skills in Children)

This award-winning school-based mental health prevention and early intervention program uses direct classroom interaction and work with teachers, coaching children on strategies to promote social-emotional development.

Audience: Elementary school children

<https://www.tn.gov/behavioral-health/children-youth-young-adults-families/basic.html>

Question, Persuade, Refer (QPR) Gatekeeper Training

This 60-120 minute in-person training teaches people to recognize the warning signs of suicide, engage troubled individuals about their suicide risk, offer hope to someone experiencing a suicidal crisis, and connect them with community resources.

Audience: General population

<https://www.tspn.org/request-training-now>

Shield of Care

This eight-hour in-person curriculum is designed specifically for staff of juvenile justice facilities. The training provides knowledge of suicide prevention strategies, including risk and protective factors, self-efficacy to prevent suicide, and specific suicide prevention skills.

Audience: Staff working in juvenile justice facilities

<https://www.sprc.org/resources-programs/shield-care-system-focused-approach-protecting-juvenile-justice-youth-suicide>

Suicide Prevention in the Emergency Department

This online interactive training for hospital emergency department staff discusses the screening, assessment, and referral process of patients at risk for suicide. It reviews environmental risk factors for suicide in the hospital setting, means reduction, and referral materials to provide to patients upon discharge.

Audience: Hospital emergency department staff

<https://www.tspn.org/request-training-now>

Tennessee Lives Count-Connect2

This comprehensive youth suicide prevention program engages gatekeepers (schools, law enforcement, foster care, etc.) and primary/behavioral health professionals in statewide strategies in early prevention, suicide risk screening/assessment, prevention/postvention training, and enhanced follow-up. Program goals include strengthening public/private

collaborations and supporting training within higher learning institutions. The evidence-based Applied Suicide Intervention Skills Training (ASIST) and Columbia Suicide Severity Rating Scale (C-SSRS) models are critical components.

Audience: Children/youth aged 10-24 and those that work with this population

Contact Aijahlon.carden@tn.gov for more information.

The Jason Foundation

This series of online staff development training modules covers the scope and magnitude of the problem of youth suicide, the signs of concern, risk factors, how to recognize and approach young people who may be struggling and connect them with resources.

Audience: Teachers, support staff, and students (required training in Tennessee as part of the Jason Flatt Act)

<https://learn.jasonfoundation.com/courses>

TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

This 90-minute in-person training presents guidelines for substance abuse treatment professionals working with clients who demonstrate suicidal ideation and behavior.

Audience: Mental health professionals

<https://store.samhsa.gov/product/TIP-50-Addressing-Suicidal-Thoughts-and-Behaviors-in-Substance-Abuse-Treatment/SMA15-4381>

Violence and Bullying Prevention Program

This program focuses on children ages 4-14 and/or grades 4-8 build skills in empathy, resilience, impulse control, decision-making, and anger management.

Audience: Children aged 4-14

<https://www.kidcentraltn.com/program/violence---bullying-prevention.html>

Youth and Young Adult Suicide Prevention and Mental Health Awareness Program

This program promotes better mental health and suicide prevention among Tennesseans up to 25 years of age. Its focus on outcomes-based activities includes suicide prevention training for colleges/universities institutions. It also helps Middle Tennessee pediatric offices establish processes for suicide risk screening and referrals.

Audience: Children and young adults aged 10-25

<https://www.tn.gov/behavioral-health/need-help/suicide-prevention/youth-young-adult.html>

Youth Mental Health First Aid (YMHFA)

This one-day in-person training teaches participants the unique risk factors and warning signs of mental health problems in adolescents (ages 12-18). It builds understanding of the importance of early intervention and teaches individuals how to help teens experiencing mental health challenges.

Audience: General population with a focus on those work directly with children and youth

<https://www.tn.gov/education/health-and-safety/school-based-mental-health-supports.html>

Zero Suicide Initiative

The Zero Suicide Initiative aims to reduce suicide attempts/deaths through cross-system suicide prevention strategies, including rapid and enhanced follow-up services. It focuses on training sessions in best-practice suicide prevention protocols following the Suicide Care in Systems Framework for all personnel, from executives to support staff. Training sessions incorporate suicide prevention, risk assessment, and crisis intervention for new and current staff members, annual refresher courses provided, customized action plans outlining responsibilities for counseling and/or referral, and aftercare plans including regular follow-up and connection to suicide attempt survivor support groups.

Audience: Professionals who work in healthcare and behavioral health agencies

<https://tspn.org/initiatives-outreach/zero-suicide>

Services

Crisis Respite Services

Crisis Respite Services provide short-term relief for a person experiencing a mental health emergency. Services offered include medication management, peer support, and referrals to other community resources with follow-up. Crisis Respite Services can only be accessed by referral from Mobile Crisis Services or Crisis Walk-In Services.

<https://www.tn.gov/behavioral-health/need-help/crisis-services/respite.html>

Crisis Stabilization Units (CSU)

Crisis Stabilization Units (CSU) offer no-cost 24/7/365 intensive, short-term stabilization for someone experiencing a mental health emergency and is willing to receive services. Services may include Individual and/or family counseling and support, medication or stress management and counseling, and the creation of an individualized treatment plan development that empowers the consumer. Crisis Stabilization Services can only be accessed by referral from Mobile Crisis Services or Crisis Walk-In Services. A list of CSUs across the state are available at the URL below.

<https://www.tn.gov/behavioral-health/need-help/crisis-services/csu.html>

Crisis Walk-In Centers

Crisis Walk-In Centers offer face-to-face, 24/7/365 evaluation for those who are experiencing a mental health emergency. Services include mental health assessment and referral to community services with follow-up. For the walk-in center nearest you, please call 855-CRISIS-1 (855-274-7471) or see the below URL.

<https://www.tn.gov/behavioral-health/need-help/crisis-services/walk-in-centers.html>

Mental Health Screening

Mental Health Associations of East Tennessee and of the Mid-South will coordinate the promotion of the Mental Health America online screening tools. Use of this screening statewide will result in increased use of mental health and suicide prevention services in Tennessee.

<https://mhamidsouth.org/>

<https://www.mhaet.com/>

Mobile Crisis Services

Mobile Crisis Services is a 24/7/365 response team for those who are experiencing a mental health emergency. The service is available for both adults and children. Services include in-person or telehealth services provided by trained crisis specialists, stabilization of symptoms, and referrals to additional resources with follow-up. Call 855-CRISIS-1 (855-274-7471) and you will be routed to a trained crisis specialist in your area. See the URL below for a list of participating mental health agencies and their service areas.

<https://www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html>

National Alliance on Mental Illness (NAMI) TN Support Groups

Local NAMI Tennessee affiliates maintain peer support groups for people with mental health conditions, family groups for their loved ones, and combined sessions for both mental health consumers and their support systems. See the URL above for the full list or connection to a NAMI Regional Coordinator.

<https://www.namitn.org/findsupport>

Peer Support Centers and Services

Peer Support Centers help people with mental illness and substance use disorders can learn about recovery, find peer support, and socialize with other people making the same journey. They are managed by trained people in recovery from mental illness and/or substance use disorders. If you live in a county that a Peer Support Center serves, the peer staff can give you a

free ride to the Center at least once a week. You do not need a referral and you do not need to receive services from the host agency to attend. See the URL below for a list of all Peer Support Centers in Tennessee.

<https://www.tn.gov/behavioral-health/mental-health-services/peers/peer-support-centers.html>

School and Communities Youth Screen Program (Tennessee Voices)

Scientifically based screening tool designed to identify at-risk youth; provide effective interventions to assist with their treatment. TeenScreen is a national mental health and suicide risk-screening program for youth.

<https://tnvoices.org/youth-screen/>

For more information, please contact Ashley Young, ayoung@tnvoices.org

Students Together Advancing Resilience (STAR)

A school-based behavioral health integration model provided by Ridgeview Behavioral Health Services, the STAR program provides therapeutic services to students and their families within the Anderson, Campbell, Morgan, Roane, and Scott County schools. Therapists work collaboratively with school employees to serve the emotional and behavioral health needs of the students. All children and their families receive an extensive evaluation to ensure individualized treatment and to encourage family participation. STAR offers individual and family treatment designed to help children and their families learn healthier ways of interacting and promote overall well-being.

<https://www.ridgeview.com/services/child-and-youth-services/star-students-together-advancing-resilience>

Tennessee Statewide Crisis Line

The Tennessee Statewide Crisis Line (1-855-CRISIS-1, or 1-855-274-7471) is available 24 hours a day and 365 days a year, free of charge for anyone experiencing a mental health crisis. All calls are routed to a trained crisis counselor in your area, who will provide you support and guidance, and work to connect you with appropriate community resources.

<https://www.tn.gov/crisisline>

Tennessee Healthy Transitions Initiative

This federally funded initiative seeks to raise awareness and increase access to mental health services among youth and young adults aged 16-25. Resources offered include Young Adult Leadership Councils, a safe space for youth and young adults to develop leadership and

advocacy skills, explore and create plans to address community issues, and create change within their communities.

<https://tnhealthytransitions.org>

Volunteer Opportunities

The Tennessee Suicide Prevention Network is always seeking volunteers for its awareness and educational projects across Tennessee. Anyone can help TSPN with its life-changing, life-saving work, regardless of age, education, skill set, or background.

Volunteers can

- Attend suicide prevention training sessions, or learn how to lead sessions themselves
- Distribute suicide prevention materials
- Assist with special regional and statewide events and projects
- Help maintain TSPN websites and social media platforms
- Perform PR, marketing, and design services on TSPN's behalf
- Raise funds for TSPN projects or general outreach
- Set up and operate booths at community events
- Connect TSPN with local and state legislators
- Facilitate support groups for survivors

You can fill out TSPN's online questionnaire (<https://tspn.org/donate-and-get-involved>), and one of their regional directors will reach out to you about how you can help. You can learn about upcoming TSPN projects and volunteer opportunities by signing up for the TSPN mailing list (<https://tspn.org/donate-and-get-involved/mailling-list>). Fill out the form and specify which regional newsletter you would like to receive. (To find out the TSPN region serving your area, see <https://tspn.org/about-tspn/regional-information>)

Volunteers have always been the life force of our state's suicide prevention efforts. Your involvement, no matter how small or what it looks like, can help save a life.

National Resources

The following resources are available nationwide, no matter where you may venture outside of Tennessee.

The National Suicide Prevention Lifeline Network (NSPL)

NSPL is available 24/7 at 1-800-273-TALK (8255). Online chat is available on the Lifeline's website. TTY users may use their preferred relay service or dial 711, then the Lifeline number.
www.suicidepreventionlifeline.org

Veterans Crisis Line

Veterans calling the National Suicide Prevention Lifeline may press "1" for connection to the Veterans Crisis Line. The Veterans Crisis Line website also offers online chat and military-specific resources. The Veterans Crisis Line is also accessible by text at 838255.
www.veteranscrisisline.net

The Trevor Project

The Trevor Project specializes in crisis and other educational resources for LGBTQI+ youth.
1-866-488-7386
www.thetrevorproject.org

LGBTQI+ National Help Center

The LGBTQI+ National Help Center offers specialized youth and senior resources.
<https://www.glbthotline.org/>

Trans Lifeline

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

(877) 565-8860
<https://translifeline.org/>

Suicide Prevention Resource Center (SPRC)

Suicide prevention is a nationwide movement, with volunteers, advocates, and statewide coalitions active in every state. You can visit the state information page at the SPRC to learn about suicide prevention networks and coalitions in other states. The SPRC website itself is an excellent resource for training opportunities, assessment tools, and research.

<https://www.sprc.org/states>

The American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention has chapters nationwide that help survivors process their loss. They also assist community members in responding to suicide risk, raising awareness about suicide in their communities, and speaking out about legislation that may prevent suicide on the state and local levels.

<https://afsp.org>

Agency/Organization Form

This directory contains basic information on what to look for, when to act, and who to contact for the various situations that may factor into a suicide crisis. It also offers guidance on population groups who are at high risk for suicide, the programs and coalitions working to prevent suicide in our state, and the laws and policies governing Tennessee's suicide prevention efforts. Please use the form below to submit updates or to add your agency or organization information to the *Tennessee Mental Health and Suicide Prevention Services Statewide Directory and Resource Information Guide*.

Questions? Call the Tennessee Suicide Prevention Network at (615) 297-1077

Please submit this form at tspn@tspn.org

Section 1. Agency/Organization Point of Contact (not for use in Directory)

Date Completed

Contact Name (First/Last)

Title

Street Address

Street Address Line 2

City

State

Zip Code

Phone Number

Email Address

Section 2. Agency/Organization Information

Agency/Organization Name

Agency/Organization Website

Agency/Organization Description (300-character count max)

Street Address

Street Address Line 2

City

State

Zip Code

Agency/Organization Phone Number

Toll-Free Number

TTY Number

TTD Number

Email

Please add any additional information that your agency/organization would like to share within the directory (500-character count max):

**Thank you! For more information or questions please contact
the Tennessee Suicide Prevention Network**

P: (615) 297-1077

E: tspn@tspn.org

Please submit completed form to tspn@tspn.org