



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



Be the One

Workforce Suicide Prevention

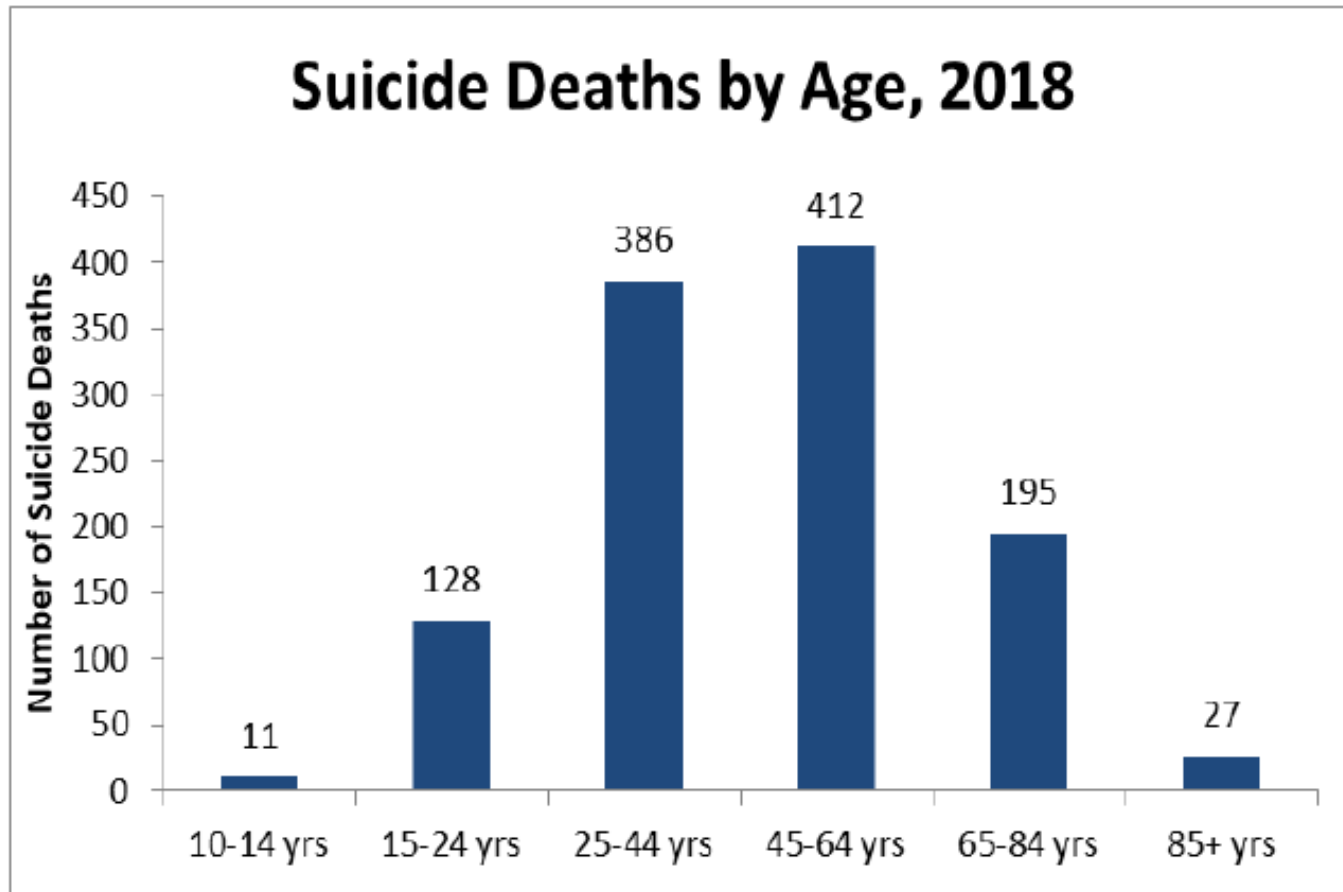
Goals of Workforce Suicide Prevention

- To develop a workforce that has the knowledge and skills to provide effective and compassionate support to co-workers experiencing suicidal thoughts or behaviors
- To assure staff have the skills to recognize a suicidal crisis and know how to save a life
- To promote a workplace culture that encourages help-seeking when needed

The Importance of Workforce Suicide Prevention

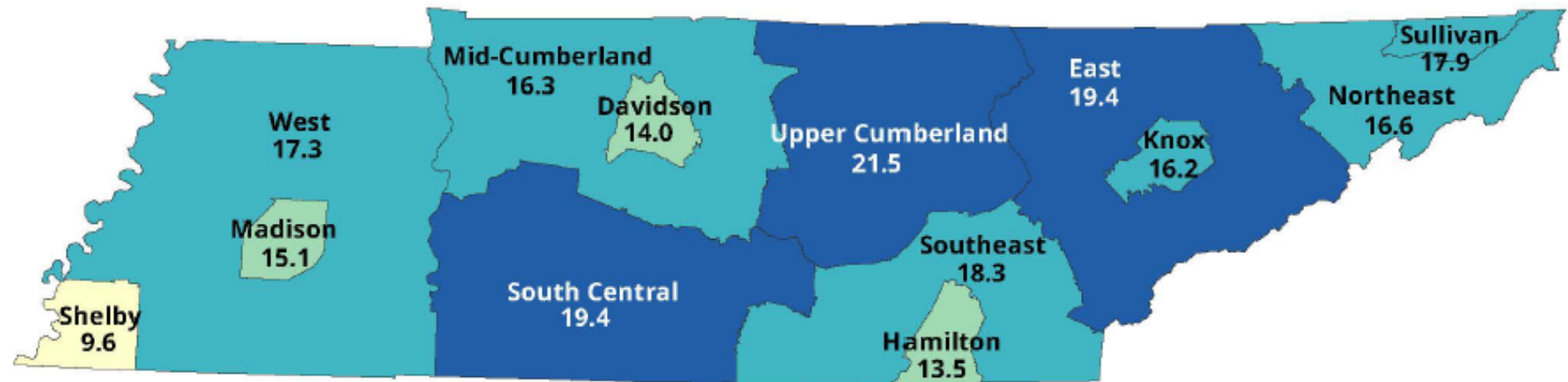
- ❖ Approximately 80% of all people who die by suicide are of working age
- ❖ 5.7% of working aged adults had thoughts of suicide in the past year
- ❖ 90% of persons who die by suicide communicated their intent
- ❖ 60% of us have known or will know someone who dies by suicide
- ❖ 20% of the American workforce experience some form of a mental health disorder at any one time

Suicide Deaths by Age in TN: 2018

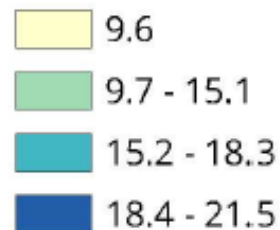


Data source: Tennessee Department of Health, Office of Vital Records and Statistics, Death Statistical File, 2018

Age-Adjusted Rate of Suicide Death by Region: 2014-2018



Age-Adjusted Rate of Suicide Death per 100,000 Population



Data source: Tennessee Department of Health, Office of Vital Records and Statistics, Death Statistical File, 2014-2018

What is BE THE ONE ?

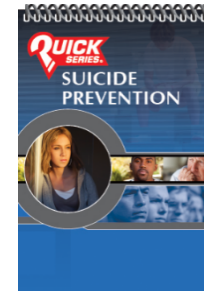


A Multifaceted Campaign

Gatekeeper Training



Social Marketing and awareness



Postvention suggestions



TALK LISTEN CONNECT (TLC)



- ❖ A suicide prevention gatekeeper program
- ❖ Specifically designed to address suicide prevention in working aged adults
- ❖ Uses a T4T model



TLC Objectives for Gatekeepers

Increase awareness of the prevalence of suicide in the workforce

- Be the One to recognize the signs of suicide of your co-worker
- Be the One to initiate a conversation about concerning behavior
- Be the One to take the time and encourage your co-worker to talk about his/her problem.....LISTEN
- Be the One to connect your co-worker with resources, it can be a maze if you don't guide them

Statewide Crisis Line

STATEWIDE

CRISIS LINE

HELP IN A MENTAL HEALTH CRISIS

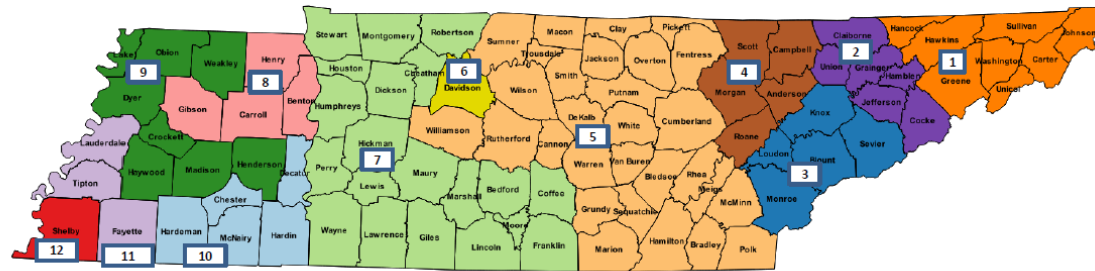
855-CRISIS-1
855-274-7471

[TN.gov/CrisisLine](https://www.tn.gov/CrisisLine)

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Mobile Crisis Service Areas and Providers



AREA:	ADULT:	CHILDREN & YOUTH:
1	Frontier Health	Frontier Health
2	Cherokee Health Systems	Youth Villages
3	Helen Ross McNabb	Helen Ross McNabb
4	Ridgeview Psychiatric Hospital & Center	Youth Villages
5	Volunteer Behavioral Health	Youth Villages
6	Mental Health Cooperative	Mental Health Cooperative
7	Centerstone Community MHC	Youth Villages
8	Carey Counseling Center	Youth Villages
9	Pathways of Tennessee	Youth Villages
10	Quinco Community MHC	Youth Villages
11	Professional Care Services	Youth Villages
12	Alliance Healthcare Services	Youth Villages



Carson Spenser Foundation
Sally Spencer-Thomas

Working Minds, Carson Spencer Foundation

Suicide Prevention Workplace Task Force
<https://theactionalliance.org>

Center for Workplace Mental Health
www.workplacementalhealth.org

The Role of Co-workers; SPRC

A Managers Guide to Postvention; SPRC

Mental Health in the Workplace;
Great West Life Centre

WHERE TO GET HELP



www.tspn.org

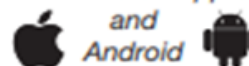
If you or someone you know is thinking about suicide, call **1-800-273-TALK** (8255).

The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.



Get the TSPN App:

Available on Apple



615-297-1077 • www.tspn.org



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



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