

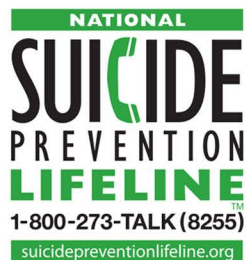
## WHAT TO DO

- Take the risk factors and signals seriously. If you think someone is considering suicide, ASK THEM "Are you suicidal?" or "Do you want to kill yourself?" If the answer is "yes," GET HELP.
- Show interest in the person and be supportive of them.
- Offer hope that there are alternatives to suicide.
- Take action. Remove methods the person might use to kill themselves.
- Seek help from their family, friend, physician, clergy, etc.
- IMMEDIATELY contact a person or organization that specializes in crisis intervention or suicide prevention for help. (See the back of this brochure).

## WHAT TO AVOID

- Avoid acting shocked or lecturing the person on the value of life.
- Avoid taunting or daring them to "do it."
- Avoid judging. Allow them to express their thoughts or feelings.
- Avoid debates over whether suicide is right or wrong.
- Avoid offering easy reassurance - it may make the person feel as if you don't understand or care about them.
- Don't keep yours or another person's suicidal thoughts a secret. GET HELP.

## WHERE TO GET HELP



[www.tspn.org](http://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  
and  
Android



**615-297-1077 • [www.tspn.org](http://www.tspn.org)**



[www.tennessee.gov/behavioral-health](http://www.tennessee.gov/behavioral-health)  
**1-855-CRISIS-1 or 1-855-274-7471**

# SAVING FARMER LIVES IN TENNESSEE



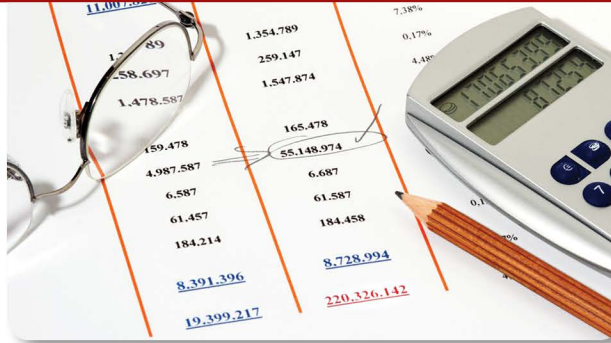
"Saving Lives in Tennessee"

## THE FACTS

- Suicide among farmers is nearly 1.5 times higher than the national average.
- From 2012 to 2015, males in the farming, fishing and forestry profession saw a 16% increase in suicide; females a 28% increase.
- Rural rates of suicide are much higher than urban areas.
- Farmers have higher availability of firearms, which account for just over 60% of suicide fatalities.

The **Tennessee Suicide Prevention Network** offers further information on farmers suicide online at:

[tspn.org/farmers](http://tspn.org/farmers)



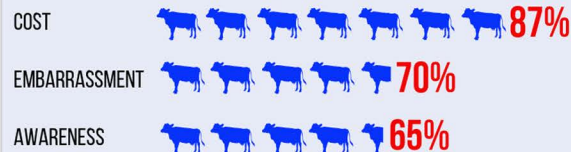
## RISK FACTORS

- Financial problems due to uncontrollable events like weather and food/agriculture policy changes
- Geographic isolation - isolation from people or lack of access to services
- Physically demanding job, chronic pain, disabilities
- Economic stresses
- Exposure to harmful chemicals
- Work-related injuries
- High stress occupation
- Pressure to be a provider may keep some from seeking help
- Agriculture problems due to uncontrollable events like weather or financial problems

What contributes to the mental health of farmers and farmworkers?



What obstacles do farmers expect to experience in seeking mental health care?



\*Awareness of where or how to seek assistance

## WARNING SIGNS

Farming can be stressful in the best of times. Anxiety and stress can increase the likelihood of suicidal thoughts.

- An increase in use of drugs and/or alcohol
- A farming accident. Could be a suicide attempt or result in injury leading to more stress
- Increased anxiety
- Increased feelings of anxiety, hopelessness, mental illness, psychological distress and depressive symptoms
- Change in sleeping pattern
- Increased irritability and criticism
- Making final arrangements, giving away possessions of known importance
- Withdrawal from family, friends, or routines that were pleasurable

**YOU ARE NEVER ALONE.**



**WE ARE HERE TO HELP:  
TEXT TN TO 741741**



*Remember, there is always hope*