



Suicide is a leading cause of death and continues to be a growing public health problem in Tennessee. Data from 2020 indicates:

- Tennesseans aged 25-44 had the highest rates of suicide death.
- Males died by suicide at a rate 4x higher.
- Individuals living in rural areas of Tennessee died by suicide at a rate 1.5 times higher than those in metro areas.

"Be the One" to Save Lives

"Be the One" is a suicide prevention training program designed to teach co-workers how to build a supportive workforce which values and affirms life. Through "Be the One" training, you can learn to recognize when someone is thinking about suicide and connect them to help and support. The training:

- Equips you with tools and resources to ultimately save lives within the workplace and beyond.
- Teaches you how to recognize when someone you know may be thinking about suicide.
- Teaches you how to ask the question directly and offers tips on how to develop good listening skills, a key component of suicide prevention.
- Provides tools that instill hope when someone you know seems to have lost all hope.



Learn the warning signs for suicide and where to get help for those who are struggling. Join other agencies, organizations, and businesses across Tennessee who have adopted the "Be the One" campaign for suicide prevention into their workforce environments. Learn how to give the training to employees and to people in the communities you serve to save lives.

For more information, please contact:
betheone@tn.gov

