



# BANNER PEN



Employees can play a powerful role in preventing suicides among the workforce.

## BE THE ONE To Recognize Warning Signs Of Suicide

- Talking about suicide or death.
- Giving direct verbal clues, e.g. "I wish I were dead."
- Giving less direct verbal clues, e.g. "What is the point of living?"
- Isolating self from co-workers, friends or family.
- Neglecting appearance and hygiene.
- Change in behavior.
- Expressing feeling hopeless/helpless.
- Giving away personal items, making final arrangements.
- Access to or obtaining a gun.
- Exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn.

Department of Mental Health & Substance Abuse Services  
[www.tn.gov/behavioral-health/needhelp](http://www.tn.gov/behavioral-health/needhelp)



## BE THE ONE To Save A Life

- Recognize when someone may be suicidal.
- Listen to the problem and give the situation your full attention.
- Express empathy.
- Do not promise confidentiality.
- Offer hope and reassure that help is available.
- Persuade to get help, e.g. "Will you go with me to get help?"
- If persuasion fails, refer to the appropriate support.
- If suicide is eminent, do not leave the person alone.

## RESOURCES FOR HELP

Employee Assistance Program  
[www.Here4TN.com](http://www.Here4TN.com)  
(855) 437-3486

Suicide Prevention Lifeline  
[www.Suicidepreventionlifeline.org](http://www.Suicidepreventionlifeline.org)  
1-800-273-TALK (8255)  
(push 1 if a veteran)

Tennessee Redline  
(for alcohol and drug treatment)  
1-800-889-9789



During the kickoff event, every department employee was provided a banner pen. Banner ink pens include suicide warning signs and information on how to respond and save a life. The banner is two sided and rolls out of the side of the pen

Cost: \$500.00 for 500 pens