

GYB Supporters

Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard constant access to critical life resources, on-demand counseling, and immediate connection with suicide prevention resources.

The Guard Your Buddy project is designed to enhance the excellent initiatives already in place for the Tennessee National Guard.



TN National Guard

The incredible versatility of the **National Guard** enables its troops to respond to domestic emergencies, combat missions, counter-drug efforts, reconstruction missions, and more- all with equal speed, strength, and efficiency.

Whether the call is coming from the state governor or directly from the President of the United States, Guard soldiers are always ready and always there.

The Guard serves their community, their state, and their country.



The Jason Foundation

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



E4 Health was founded on a simple principle: to route services and resources in a discrete and timely manner to individuals in need, from addressing depression and overall health and well-being to finding dependable elder care.

Our Mission

The Guard Your Buddy program is a community driven communication/engagement platform that brings all Guard members, particularly those at-risk, in contact with on-demand resources and support with the main goal of preventing suicide.



Guard Your Buddy-Tennessee mobile app is available for download on the GYB website.



For more information visit us at
www.guardyourbuddy.com

Disclaimer:

Guard Your Buddy recognizes that there is no one way to combat suicidal ideation or mental health issues. We cannot guarantee the prevention of suicides or suicide attempts. Professional help should always be sought whenever there is a possibility of suicidal ideation. Never try to solve this type of problem without obtaining professional help.

Guard Your Buddy was created by passionate partners and the Tennessee National Guard to ensure that programs and services are well formatted and directly address the problems of Guardsmen and their families. We appreciate your interest and willingness to be part of the solution.



Tennessee National Guard

How it all started in Tennessee

In December 2010, Major General Max Haston and Clark Flatt met to discuss the problem of suicide in the Tennessee National Guard family. After hearing the staggering statistics from the General, Mr. Flatt agreed to devote JFI resources to address this problem. A dynamic team consisting of a diverse group of professionals, led by the Jason Foundation and E4Health, came together, and the idea of the Guard Your Buddy project was born. The Jason Foundation and E4Health are honored to be a part of this project with the combined mission of preventing suicide and helping in the day-to-day struggles that are specific to guardsmen and their families.

About GYB

The Guard Your Buddy program is a community driven communication/engagement platform that brings all Guard members, particularly the at-risk Guard Members, in contact with on-demand resources and support with the main goal of preventing suicide.

The program is designed to enhance the excellent resources already in place for the Tennessee National Guard.



National Guard Stats

Suicide is a national health problem in the United States, not just in the general population but also within our Military Branches and the National Guard.

In 2010, suicides in the Army, National Guard, and Army Reserve increased by 24.4%. Among the National Guard and Army Reserve in 2010, the number of suicides almost doubled from 2009. On average, 25 soldiers (both active duty and inactive status) were lost to suicide every month in 2010. 58.1% of the active duty suicides were soldiers who had been deployed one or more times, and 48.9% of suicides were soldiers who had not been deployed.

Deploying to combat essentially doubles a soldier's risk of developing illnesses such as post-traumatic stress disorder (PTSD), major depressive disorder, generalized anxiety disorder, or alcohol abuse. 17% to 18% of troops meet the criteria for some mental disorder. War-zone deployments, substance abuse, and marital and financial problems have been cited as factors that lead to suicide. However, there is no typical profile of deaths by suicide.

In the general population, suicide is the 11th leading cause of death for all ages, the third leading cause of death for youth aged 10-24 years old, and the second leading cause of death for college-aged youth. More than 34,000 Americans are lost to suicide each year.

Get Help Now

Professional help is available 24/7. Our counselors and coaches are available to help you find practical solutions for the challenges that you and your family face as part of the Tennessee National Guard community.

Call 855 HELP GYB (855.435.7492) to speak with a licensed professional.
In the case of an emergency call 911.

Resources

There are many resources currently available to Guard members and their families however many don't know where to find them. Guard Your Buddy is bringing those resources together to help you and your family better access them.

We encourage you to use them to decrease your stress, organize your life, and make things easier for yourself and your family.

Suicide Prevention

Guard Your Buddy helps provide tools and resources for you, a battle buddy or a family member with a suicidal ideation.

For more information on warning signs, do's and don'ts, and how you can help, visit us at www.guardyourbuddy.com.

Suicide is Preventable.