



**DEPARTMENT OF THE ARMY**  
**OFFICE OF THE DEPUTY CHIEF OF STAFF, G-9**  
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**WASHINGTON, DC 20310-0600**

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Command Teams and Suicide Prevention Specialists:

1. Every Soldier, Civilian and Family member is a valued member of the Army team and is critical to its mission accomplishment. We continue to emphasize the importance of “connecting to protect” Army team members from the stressors that may contribute to suicide and to enable successful service through meaningful missions. Through training and awareness initiatives, we emphasize the importance of engaging and intervening when a teammate may be at risk.
2. In support of our mission to increase awareness of initiatives and resources to prevent suicide, we recognize September as Suicide Prevention Month. The Army’s theme is, "You Are the Light in Somebody’s Life." This theme, which was crowd sourced through the Army Suicide Prevention community, nests with the Department of Defense’s theme: “Connect to Protect: Support is within Reach”. The Army’s theme focuses on the everyday interactions that build strong relationships which act as a protective factor against suicide.
3. The Directorate of Prevention, Resilience and Readiness has created materials supporting this observance, which are now available on DPRR’s products on demand website (<https://marcomcentral.app.pti.com/Ironmark/ARDMaterials>) on the SPM microsite (<https://www.armyresilience.army.mil/SPM-2023/index.html>) The materials include posters, horizontal banners, fact sheets, website banners and social media posts. They can be used as part of local outreach and communication campaigns.
4. Every Soldier, Civilian, and Family member can play a part in suicide prevention by understanding the signs and symptoms of at-risk behavior and encouraging and connecting with those in distress with those who can help. Sources of help include unit Leaders, Chaplains, Army Community Services counselors, and behavioral health specialists. Dial 988 and press 1 for the Military Crisis Line. Outside the continental U.S. (OCONUS): Europe - call 00800 1273 8255 or DSN 118; Korea - call 0808 555 118 or DSN 118; Afghanistan - call 00 1 800 273 8255 or DSN 111. In the Philippines, dial #MYVA or 02-8550-3888 and press 7 Text: 838255 <https://988lifeline.org/chat/>. The crisis line is available 24 hours in English and Spanish. I encourage you all to share this information widely and use the support materials to help prevent suicide and save lives.

DEE GEISE  
Director,  
Prevention, Resilience & Readiness