



DEPARTMENT OF DEFENSE
HEADQUARTERS
JOINT TASK FORCE-SOUTHERN BORDER
FORT HUACHUCA, ARIZONA

AFDR-CG

14 March 2025

MEMORANDUM FOR Joint Task Force-Southern Border Personnel

SUBJECT: Policy Memorandum #3: Health Promotion and Suicide Prevention

1. References:

a. Army Regulation (AR) 600-63, Army Health Promotion, 14 April 2015.

b. AR 600-92, Army Suicide Prevention Program, 4 October 2024.

2. Purpose. To provide guidance and establish requirements for leaders within Task Force-Southern Border (JTF-SB) to promote the health and welfare of their Servicemembers and implement suicide prevention.

3. Applicability. This policy applies to all Department of Defense personnel assigned or attached to JTF-SB at all times, regardless of location.

4. Policy. It is the responsibility of every individual to promote and support an environment conducive to high levels of mental health while contributing to a culture of support and care for all personnel serving with JTF-SB, both on and off duty. In order to establish a comprehensive approach to prioritizing mental health and preventing suicide within our Task Force, the following guidelines will be adhered to.

5. Procedures.

a. Health promotion. JTF-SB is committed to promoting the physical, mental and emotional wellbeing of its personnel.

(1) Commanders and leaders will encourage and support healthy lifestyle choices, including regular exercise, proper nutrition, and adequate sleep as part of a comprehensive approach to health promotion.

(2) Programs and resources will be made available to promote healthy coping mechanisms, stress reduction, and resilience-building techniques.

(3) Supervisors and leaders will create a climate that encourages open communication, active listening, and supportive relationships within the unit.

b. Suicide prevention is a shared responsibility that requires active engagement of all personnel.

(1) Leaders at all levels will prioritize suicide prevention and create an environment where seeking help is encouraged and stigma is reduced. Suicide prevention training will be conducted regularly, given mission requirements, to raise awareness, enhance knowledge, and develop skills among all personnel.

(2) Early identification of at-risk individuals will be emphasized, and appropriate interventions and referrals will be made to ensure they receive the necessary support and care. A system for reporting and documenting suicide-related behaviors, attempts, and deaths by suicide will be implemented by commanders in accordance with applicable regulations and policies.

(3) Confidentiality will be maintained to the maximum extent permitted by law for individuals seeking help, and protections against reprisal for seeking mental health support will be reinforced.

(4) Collaboration with community partners, including mental health professionals, chaplains, and other support organizations, will be fostered to enhance the availability and accessibility of resources for suicide prevention and intervention.

6. Responsibilities.

a. Commanders at all levels will publish a health promotion policy that includes suicide prevention efforts. The policies should include a range of evidence-based prevention activities as listed in AR 600-63.

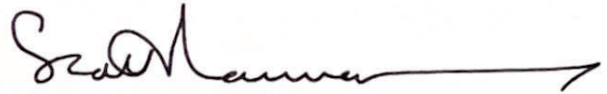
b. Initial and periodic training on suicide prevention and mental health will be conducted for all personnel. Educational programs and awareness campaigns will be implemented to promote mental health, reduce stigma, and educate personnel about available resources.

c. All personnel are responsible for familiarizing themselves with this policy and actively participating in health promotion and suicide prevention efforts. They will support their peers and reach out for help when needed, as well as report any signs of distress or suicidal ideation to appropriate authorities. Personnel are encouraged to use available resources and to seek help for themselves or others when necessary.

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7. Proponent. The proponent of this policy letter is the J1, LTC Arthur (AJ) Brong.

A handwritten signature in black ink, appearing to read "Scott Naumann", with a long horizontal flourish extending to the right.

SCOTT M. NAUMANN
Major General, USA
Commanding