

JBLM ASAP

# Suicide Prevention Program



# REACH

RESOURCES EXIST · ASKING CAN HELP

*Participants learn to:*

- **Address** barriers to care
- **Connect** to resources
- **Increase** awareness of self-care practices

REACH is a proactive mindset. REACH aims to change the culture of help-seeking in the military by placing the focus on the individual and their own need to engage in self care and not suffer in silence. Seek help early before problems escalate. Available to all Service members, Family Members, and DoD Civilians.

## Contact us to schedule a small group facilitation session

The optimal group size for a REACH session is 10 Participants (min. 5 / max. 15)

Participants should be grouped by rank to promote open sharing

E1-E4 · E5-E6 · E7-E9 · O1-O3 · O4-O6 (etc)



← SCAN TO EMAIL

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