



MISSION AND VISION

Mission:

Advance holistic, data-driven suicide prevention in our military community through policy, oversight, and engagement to positively impact individual beliefs and behaviors, as well as instill systemic culture change.

Vision:

Unwavering pursuit of a mission-ready, suicide-free military community.



VISIT US AT
www.dspo.mil

RESOURCES

NON-CRISIS: **MILITARY**
ONESOURCE

800-342-9647
www.MilitaryOneSource.mil

CRISIS:

 **Veterans Crisis Line** | **Military Crisis Line**
1-800-273-8255 **PRESS 1**

911
Dial 911

Make it Your Mission to...
#BeThere



TALKING ABOUT SUICIDE ONLINE

DEFENSE SUICIDE PREVENTION OFFICE

 facebook.com/DSPOMil  twitter.com/DSPOMil

 instagram.com/DSPOMil

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IMPORTANT POINTS FOR COVERING SUICIDE



Risk of additional suicides increases when the story explicitly describes the suicide method, uses dramatic/graphic headlines or images, and repeated/extensive coverage sensationalizes or glamorizes a death.



The magnitude of the increase is related to the amount, duration, and prominence of coverage.



Covering suicide carefully, even briefly, can change public misperceptions and correct myths, which can encourage those who are vulnerable or at risk to seek help.

More Information and Resources at: www.reportingonsuicide.org



SUICIDE IS A PUBLIC HEALTH ISSUE

The Defense Strategy for Suicide Prevention, aligned with the National Strategy for Suicide Prevention, advocates a public health approach to suicide prevention. Public health is the science and art of promoting health, preventing disease, and prolonging life through the strength of a connected and educated community.

The public health approach is widely regarded as the approach that is mostly likely to produce significant and sustained reductions in suicide.

Source:

Suicide Prevention Resource Center, Suicide Prevention: The Public Health Approach

SUGGESTIONS FOR ONLINE MEDIA, MESSAGE BOARDS, BLOGGERS & CITIZEN JOURNALISTS

- ✓ Bloggers, citizen journalists and public commentators can help prevent suicide by using positive language about help-seeking and not sensationalizing or glorifying suicide. Do not report on specific methods and storylines regarding the suicide.
- ✓ Include stories of hope and recovery, and information on how to overcome suicidal thinking, increase coping skills, and increase help-seeking.
- ✓ The potential for online reports, social media posts, photos/videos, and stories to go viral makes it vital that online coverage of suicide follows site or industry safety recommendations.

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