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AFZN-CG

28 June 2024

COMMANDER'S POLICY MEMORANDUM #6

SUBJECT: Health Promotion, Risk Reduction, and Suicide Prevention

1. References:

- a. DA Pam 600-24, Health Promotion, Risk Reduction, and Suicide Prevention, 14 April 2015
- b. AR 600-63, Army Health Promotion, 14 April 2015.
- c. AR 600-92, Army Suicide Prevention Program, 8 August 2023

2. The readiness of our Army is paramount in our ability to fight and win on the battlefield. Sustaining the health and wellbeing of our Soldiers, Family members, and DA civilians is the responsibility of Army senior leaders and personnel at all levels. The Army's strategic approach to mitigating suicide and high-risk behavior helps build cohesive units. Promoting healthy lifestyles, reducing risk-seeking behavior, and preventing suicide are priorities in this Command.

3. All commanders, leaders, supervisors, Soldiers, and DA civilians are responsible for creating an environment that reduces the stigma of seeking help for behavioral health issues. It is incumbent on all of us to be aware of and recognize when someone may be at risk, and to be empowered to take appropriate action to save lives. Each of us is responsible for eliminating policies, procedures, and actions that discriminate, punish, or discourage Soldiers or employees from seeking professional counseling.

4. To this end, ensure that no Soldier is belittled for requesting assistance from behavioral health professionals and social workers. Similarly, ensure civilian employees are encouraged to access help available for them. Leaders will utilize discretion when identifying and sharing information regarding Soldiers and civilian personnel seeking help.

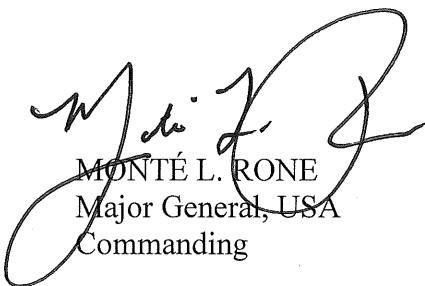
5. Each life lost to suicide is one life too many. Suicide prevention spans the gamut of effort from prevention to intervention to post-intervention. Each one of us has a personal role to play in preventing suicide. Annual training and refresher training provide information for intervention. Response teams assist the commander in the event of a suicide.

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6. There are a number of resources available for those in need of help. Some of those resources include: The National Suicide Prevention Lifeline, 1-800-273-TALK/8255; Military OneSource, 1-800-342-9647, <https://militaryonesource.com>; Military Crisis Line 1-800-273-8255, press 1; Military Family Life Consultant (MFLC), and the chaplain.

7. The point of contact for this memorandum is LTC Jacqueline Ralston, ACoS G1, at jacqueline.s.ralston.mil@army.mil.



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