



PERSONNEL AND
READINESS

UNDER SECRETARY OF DEFENSE
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WASHINGTON, D.C. 20301-4000

SEP - 3 2025

MEMORANDUM FOR SENIOR PENTAGON LEADERSHIP
COMMANDERS OF THE COMBATANT COMMANDS
DEFENSE AGENCY AND DOD FIELD ACTIVITY DIRECTORS

SUBJECT: 2025 Department of Defense Suicide Prevention Awareness Month Observance

September marks National Suicide Prevention and Awareness Month. The Department of Defense (DoD) remains steadfast in our commitment to preventing suicide and strengthening the well-being of the Total Force. The ongoing DoD suicide prevention campaign, "Joining Your Fight: Connect to Protect," emphasizes the importance of unifying suicide prevention efforts, expanding access to mental health care and resources, and safeguarding the lives of our Service members and their families.

The DoD's commitment to well-being extends far beyond September, in line with the Secretary of Defense's vision of a healthy, effective, and mission-ready force. Initiatives like the Brandon Act empower Service members to proactively seek mental health support by confidentially initiating a referral for an evaluation through a commanding officer or supervisor, at any time, in any environment, for any reason. This is just one example of how we are investing in the resilience of our warfighters.

The strength of our military community lies in our collective commitment to one another. Leaders must be the vanguard in creating a supportive environment, and accountable for the health and well-being of those under their command. They are vital to reducing stigma and fostering a culture in which seeking help is not only accepted, but encouraged and celebrated as a sign of strength. Service members must recognize that prioritizing their mental health is a cornerstone of their resilience and overall well-being.

The Department calls upon all leaders, Service members, military families, and veterans to unite in building a robust and supportive community, urging friends, family members, and colleagues to seek help without hesitation, when needed. The following resources are available to assist.

Support Resources

Service members, veterans, and their families are encouraged to reach out to:

- Veterans/Military Crisis Line, call 988, press 1; text 838255; or chat online at veteranscrisisline.net/get-help-now/chat/. Overseas installations may select from the following:
 - U.S. Northern Command: Dial 988, then press 1.

- U.S. Indo-Pacific Command: Call +1 844-702-5493 (off base) or DSN 988 (on base).
 - U.S. European Command: Call +1 844-702-5495 (off base) or DSN 988 (on base).
 - U.S. Central Command: Call +1 855-422-7719 (off base) or DSN 988 (on base).
 - U.S. Africa Command: Call +1 888-482-6054 (off base) or DSN 988 (on base).
 - U.S. Southern Command: Call +1 866-989-9599 (off base) or DSN 988 (on base).
- Chaplains and faith leaders for confidential guidance.
 - Military OneSource (<https://www.militaryonesource.mil/health-wellness/mental-health/military-counseling-for-stress/>) to access non-crisis, free, and confidential counseling, 24/7.
 - TRICARE to connect with mental health and counseling services.

Civilian employees are encouraged to reach out to their human resources office for their agency's specific Employee Assistance Program information.

Join me in furthering efforts to end suicide in the military, and to continue supporting our men and women in uniform, their families, and DoD civilians.

A handwritten signature in black ink, appearing to read "Anthony J. Tata". The signature is stylized with a large "A" and "T".

Anthony J. Tata