





**Suicide Prevention Month 2022 Posts**

Date to post	Post	Graphic
September 1	<p>Today is the start of Suicide Prevention Month. Everyone has a role to play in prevention. Safe storage for firearms and medications is a great place to begin. Get tips on safe storage with our lethal means safety toolkit. <a href="https://go.usa.gov/xSQHS">https://go.usa.gov/xSQHS</a> #SPM22 #ConnectToProtect</p>	
September 4-10	<p>September 4-10 is Suicide Prevention Week! What are you doing to #ConnectToProtect within our military community? <a href="https://www.dspo.mil/spm/">https://www.dspo.mil/spm/</a> #ConnectToProtect #SPM22</p>	
Anytime.	<p>When communicating about suicide in online formats, the use of careful and caring language can break down myths and stigma, reinforce hope, encourage treatment, and may prevent a crisis. Use "Talking About Suicide Online" to learn how to communicate safely and effectively on the topic. <a href="https://go.usa.gov/xSQHt">https://go.usa.gov/xSQHt</a> #SPM22 #ConnectToProtect</p>	
September 10	<p>Today is World Suicide Prevention Day. This is a day when many people reflect on those impacted by suicide. Learn how to be there for those who are survivors. Our Postvention Toolkit includes tips to help you be there for those experiencing hurt and loss. <a href="https://go.usa.gov/xSQHu">https://go.usa.gov/xSQHu</a> #SPM22 #ConnectToProtect</p>	



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Anytime.	<p>Show your support for suicide prevention efforts by adding our NEW Facebook frame. Great not just for Suicide Prevention Month, but all year long. Lend your support to suicide prevention in the military. Download our frame here: <a href="https://www.twibbonize.com/connecttoprotect">https://www.twibbonize.com/connecttoprotect</a>. #ConnectToProtect</p>	
Anytime.	<p>We can all help spread the word about suicide prevention. This Suicide Prevention Month, help spread awareness by sharing #SPM22 resources on your social media. Visit: <a href="https://www.dspspo.mil/spm/to">https://www.dspspo.mil/spm/to</a> #ConnectToProtect</p>	
Anytime.	<p>#DYK 988 is a nationwide free 24/7 hotline that you can call to get help in times of crisis? Service members, spouses, dependents, and veterans can call and get help right now by calling 988 and pressing 1. #SPM22 #ConnectToProtect</p>	
Anytime.	<p>Service leaders, don't be at a loss for words when suicide is the topic. Using our "Leaders Safe Messaging Guide" can help you navigate difficult conversations and connect your group with the resources they need. <a href="https://go.usa.gov/xSPJp">https://go.usa.gov/xSPJp</a> #SPM22 #ConnectToProtect</p>	



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Anytime.	You're never too far to reach the support you need. If you're in Europe, someone's there to talk to you. Call 00800 1273 8255 or DSN 118. If you're in Korea, call 0808 55 118 or DSN 118. If you're in Afghanistan, call 00 1 800 273 8255 or DSN 111.	 <p><b>Military Crisis Line</b> DIAL 988 then PRESS 1</p> <p><b>Europe:</b> 00800 1273 8255 or DSN 118</p> <p><b>Korea:</b> 0808 55 118 or DSN 118</p> <p><b>Afghanistan:</b> 00 1 800 273 8255 or DSN 111</p> <hr/>  <b>Connect to Protect:</b> Support is Within Reach