



Connect to Protect:
Support is Within Reach

September 2023

Suicide Prevention Month

How You Can Help?

HOPE: Reach out for help. It is an act of courage.

COMMUNITY: Find what matters to you and get involved.

CARE: Take a few minutes to listen, connect and show you care. It can save a life.

Free and confidential help is available:



#ConnectToProtect
#BeThere



Find suicide prevention resources at:
www.dspo.mil/spm

