



## DEFENSE SUICIDE PREVENTION OFFICE

# QUARTERLY CONNECTION



Connect to Protect:  
Support is Within Reach

**#BeThere**



## News and Announcements

### September is Suicide Prevention Awareness Month

Join us this month to promote the theme, Connect to Protect: Support is Within Reach, using the DSPO [Suicide Prevention Awareness Month Toolkit](#). The toolkit features resources for promoting suicide prevention, including posters, a pledge, a campaign fact sheet, public service announcements, social media tools, and more. Help us promote engagement and encourage help-seeking behavior.

### Honorees of the 2021-2022 Suicide Prevention Recognition Ceremony

DSPO honors and recognizes the following installation programs for their dedication to saving lives and increasing suicide prevention awareness:

- Army: U.S. Army Garrison, Rheinland-Pfalz, Kaiserslautern, Germany
- Army National Guard: Guam Army National Guard, Barrigada, Guam
- Marine Corps: Marine Aircraft Group 12, Iwakuni, Japan
- Navy: Naval Special Warfare SOCOM, San Diego, California
- Air Force: ACC/Joint Base Langley-Eustis, Hampton and Newport News, Virginia

Congratulations to this year's recognition recipients for their exceptional suicide prevention outreach efforts!

## Resource Spotlight

### Firearms Safety During a Permanent Change of Station (PCS) Fact Sheet

Did you know that a gun safe does not count against a PCS weight limit? The [fact sheet](#) explains this new rule, as well as the importance of practicing lethal means safety during a hectic and stressful time.



Fall 2023

## Director's Corner



**Dr. Liz Clark, Director**

As we enter September and Suicide Prevention Awareness Month (SPM), join me in the fight to prevent suicide. This year's theme Connect to Protect: Support is Within Reach promotes connection and belonging. Together we stand up to suicide through connection, community, and hope.

With this mission in mind, DSPO has produced its SPM Toolkit, now available at [DSPO.mil/SPM](#).

Please use these tools to promote a message of support and reduce the stigma surrounding mental health.

We are also excited to host our Suicide Prevention Recognition Ceremony on September 6th at the Pentagon Hall of Heroes to honor recipients' hard work and creative programming. Their efforts exemplify the commitment to support the community and end suicide among our Nation's heroes.

Please join me in supporting our military community. Together we light the path for a brighter future.





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### A.C.T. Fact Sheets for Older Children

DSPO and DODEA produced a [new fact sheet](#) promoting Acknowledge, Care, Tell for suicide prevention. The fact sheet for older children encourages looking out for friends and taking care of yourself. It also features a parent's corner about calmly discussing suicide.

### New Podcast Series: Mental Health is Health

DSPO is producing a podcast series available on [Buzzsprout](#) about suicide prevention and mental health. Our first podcast with the National Action Alliance for Suicide Prevention is about promoting hope. You can also listen on [DPSO.mil](#).

#### Happening Soon

**September 6, 2023**  
**The Pentagon Hall of**  
**Heroes, Arlington, VA**

**Suicide Prevention Recognition Ceremony**  
DSPO will recognize the 2021-2022 suicide prevention program recipients at the Hall of Heroes. Deputy Secretary of Defense Kathleen Hicks will present remarks.

**September 10, 2023**  
**Colorado Springs, CO**

**Special Forces Foundation: Shatter the Silence, Suicide Prevention Awareness**  
DSPO is excited to attend this event for the first time to offer resources and engage with participants.

**September 13, 2023**  
**Alexandria, VA**

**Mark Center Outreach**  
DSPO and partner agencies will hand out materials and engage with the community. Stop by our table and learn more.

**September 20, 2023**  
**The Pentagon**  
**Arlington, VA**

**Pentagon Outreach**  
Stop by and visit with DSPO and partner agencies to receive informational materials and learn more.

**September 14-16, 2023**  
**Dayton, OH**

**Air Force Marathon**  
DSPO will staff an outreach table with promotional materials and engage with participants.

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