





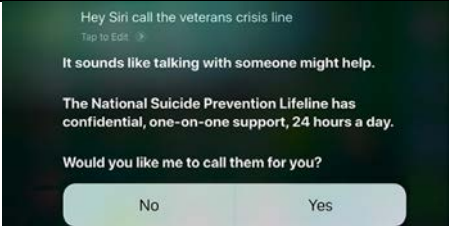





The following suggested posts are to be shared on your respective social media channels. Please do not use the graphics embedded in this calendar. Instead, please download the graphics from our site: <http://www.dspo.mil/2018SPM>. Also, please use the hashtag #BeThere in all your posts.

PLATFORM	MESSAGE	GRAPHIC
Facebook & Twitter	<p>During #SuicidePreventionMonth, know that it's brave to ask for help. @military.1source is there for you. https://www.militaryonesource.mil/ #BeThere</p>	
Facebook & Twitter	<p>Join the @Action_Alliance and let's educate the public about the ways to take action to support a person who is struggling with a crisis. Please lend your support for the #BeThere Thunderclap on September 10 at 12 pm EDT. Visit https://www.thunderclap.it/projects/70402-bethere-to-prevent-suicide to join! #BeThere</p>	
Facebook & Twitter	<p>We all have busy lives that can sometimes consume our time, but have you stopped and thought who needs you to #BeThere TODAY? #suicidepreventionmonth</p>	

<p>Facebook & Twitter</p>	<p>If someone you know is in a suicidal crisis, don't tell them what they should do or how they should ease their pain; rather, #BeThere to listen and to offer help and support. You can also let them know that they can call the Military/Veterans Crisis Line at 1-800-273-8255 press 1</p>	
<p>Facebook & Twitter</p>	<p>If you're concerned someone you know is at risk of suicide, offer to help safely store their firearms. Always store guns locked, unloaded and separate from ammunition. Learn firearm safety tips and storage options from @DSPOMil's Firearm Safety trifold. #BeThere #SuicidePreventionMonth</p>	
<p>Facebook & Twitter</p>	<p>There are many ways you can help a buddy who tells you they've been thinking about suicide. #BeThere to follow up with them in the days and weeks after. https://www.veteranscrisisline.net/BeThereSupport.asp #BeThere #SuicidePreventionMonth</p>	
<p>Facebook & Twitter</p>	<p>We all could use an ear from time to time. Call on a friend and ask them how they are doing. #BeThere #suicidepreventionmonth</p>	

<p>Facebook & Twitter</p>	<p>More than 50 research studies worldwide have found that certain types of news coverage can increase the likelihood of suicide in vulnerable individuals. Download @DSPOmil's Social Media & Safe Reporting trifold to learn more about how to cover suicide in the media. #BeThere #SuicidePreventionMonth</p>	
<p>Facebook & Twitter</p>	<p>When you ask how someone is doing and get the response "I'm good," do you ever give it a second thought? Watch this PSA from @DeptofDefense and @DeptVetAffairs and learn how to #BeThere for family/friends who aren't doing so well. https://youtu.be/YPFo9EvUUvA #BeThere</p>	
<p>Facebook & Twitter</p>	<p>Did you know that Service members and Veterans can just say, "CALL THE VETERANS CRISIS LINE" and your smartphone will automatically dial the @800273TALK which also serves as the Veterans Crisis Line? #BeThere #SuicidePreventionMonth</p>	
<p>Facebook & Twitter</p>	<p>Discover the 8 ways you can increase wellness and protect against suicide. #BeThere #SuicidePreventionMonth</p>	

Facebook
& Twitter

Do you know the differences between the risk factors and warning signs? Download @DSPOmil's [Risk & Warning Signs and How to Help](#) trifold. #BeThere #SuicidePreventionMonth

