

## SUICIDE PREVENTION AWARENESS MONTH SOCIAL MEDIA TOOLKIT

### Suggested Facebook/Instagram Posts



One life lost to suicide is one life too many. September is a month when we recognize the importance of preventing suicide in our Service members and the military community. Check out what's new in our resource library.  
<https://www.dspo.mil/download/>  
 #SPM23  
 #ConnectToProtect

Staying connected is a big part of being there for those affected by suicide. In fact, connection is a protective factor against suicide. Learn about how you can help us prevent Service member suicide with our Connect to Protect fact sheet.  
 (Link Coming Soon)



Today is World Suicide Prevention Awareness Day. Suicide is a global issue that impacts everyone. Learn healthy ways to talk about suicide that don't contribute to stigma with our Words Matter fact sheet.  
<https://www.dspo.mil/Portals/113/DSPO-Your-Words-Matter-Factsheet.pdf>  
 #SPM23

Learn about how you can help us prevent Service member suicide with our Connect to Protect fact sheet. Get the facts.  
 (Link Coming Soon)



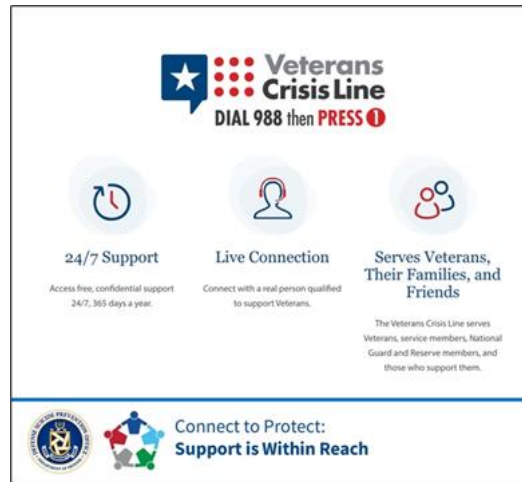
It's Suicide Prevention Awareness Week! Show us what you're doing to help prevent suicide by using our hashtags #ConnectToProtect and #SPM23.

Want to help us get the word out about suicide prevention this month? Use our Suicide Prevention Awareness Month toolkit and share vital resources to help those in your community.  
<https://www.dspo.mil/spm/>  
 #SPM23  
 #ConnectToProtect

## SUICIDE PREVENTION AWARENESS MONTH SOCIAL MEDIA TOOLKIT

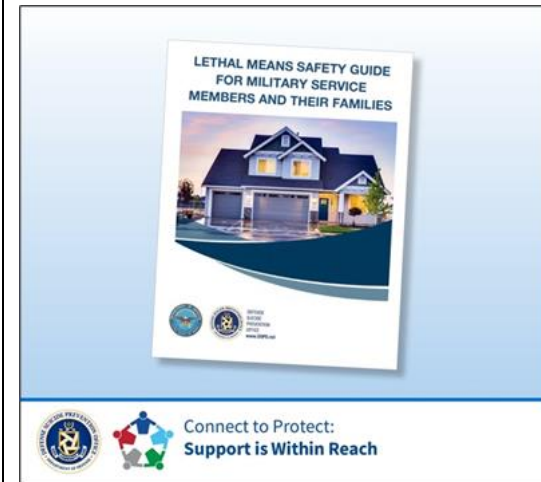


Help us spread suicide prevention awareness by using our 2023 Facebook frame. Use Twibbonize to upload your photo and update your Facebook profile photo with the image.  
<https://www.twibbonize.com/connecttoprotect>



Suicide prevention is everyone's job! Thanks to the 988 Suicide & Crisis Lifeline getting help has gotten so much easier. Service members and veterans can access the Military and Veterans Crisis line by dialing 988 and pressing 1. It's that easy.

[Home \(veteranscrisisline.net\)](http://veteranscrisisline.net)

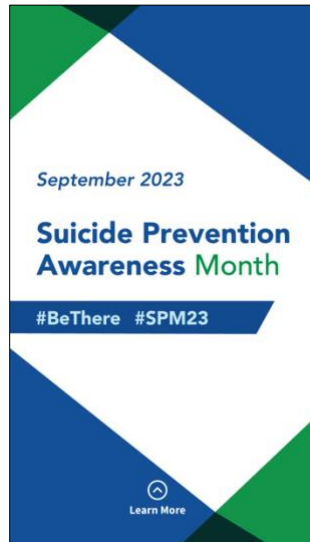


Did you know that one out of four individuals who attempted suicide waited at least five minutes before attempting suicide? That's why lethal means safety is so important. Increasing time and distance between the thought and the act saves lives. Use our Lethal Means Safety Guide for more tips to prevent suicide.

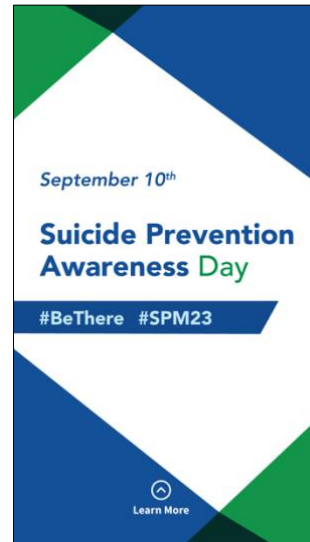
[\\*Defense Suicide Prevention Office Lethal Means Safety Guide \(dspo.mil\)](https://dspo.mil)

## SUICIDE PREVENTION AWARENESS MONTH SOCIAL MEDIA TOOLKIT

### Suggested Facebook and Instagram Story Images and Links



**Link above story to:**  
<https://www.dspo.mil/spm/>







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<https://www.dspo.mil/spm/>

## SUICIDE PREVENTION AWARENESS MONTH SOCIAL MEDIA TOOLKIT

<p><b>Firearm Safety Tip #1</b></p> <p><b>CABLE LOCKS:</b></p> <p>Prevents a firearm from being loaded and fired.</p>  <p><a href="#">Learn More</a></p>	<p><b>Firearm Safety Tip #2</b></p> <p><b>GUN CASE:</b></p> <p>Storage solution to secure, conceal, protect, and legally transport a firearm.</p>  <p><a href="#">Learn More</a></p>	<p><b>Firearm Safety Tip #3</b></p> <p><b>LOCK BOX:</b></p> <p>Provides reliable protection for firearms.</p>  <p><a href="#">Learn More</a></p>	<p><b>Firearm Safety Tip #4</b></p> <p><b>FULL SIZE GUN SAFE:</b></p> <p>Allows you to store multiple firearms in one place.</p>  <p><a href="#">Learn More</a></p>
<p><b>Link above story to:</b>  <a href="https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf">https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf</a></p>	<p><b>Link above story to:</b>  <a href="https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf">https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf</a></p>	<p><b>Link above story to:</b>  <a href="https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf">https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf</a></p>	<p><b>Link above story to:</b>  <a href="https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf">https://www.dspo.mil/Portals/113/DSPO%20Lethal%20Means%20Safety%20Guide%20for%20Military%20Service%20Members%20and%20Their%20Families_v34_FINAL.pdf</a></p>

Facebook Cover Image	Twitter Cover Image
