



DEFENSE SUICIDE PREVENTION OFFICE

Sample Blog/Newsletter Language

Connections Save Lives

When was the last time you reached out to someone and asked, “Are you ok?” A simple question can save a life. Taking a few minutes to make a connection can make a difference to someone experiencing a challenging time and significantly impact suicide prevention. Connecting with someone can remind them that they matter, that there is hope, and that they are not alone.

Connect to Protect: Support is Within Reach is the Department of Defense suicide prevention campaign for Suicide Prevention Awareness Month in September. It promotes the importance of connection and belonging and encourages reaching out for help.

As part of its suicide prevention efforts, the DOD provides a variety of resources for the military community throughout the year. Knowing that connections, supportive relationships, and open communication help guard against suicide ideation, the resources focus on helping Service members, veterans, and their families strengthen their social bonds. Read the Connect to Protect fact sheet on DSPO.mil for more information about connectedness.

Another important aspect of this campaign focuses on lethal means safety and securing firearms and medications. Most military suicides occur by firearm. Storing a loaded firearm at home increases the risk of death by suicide four to six times. Putting time and distance between suicidal thoughts and the means to act can save a life.

[Local installations/programs can include a list of their programs, events, and resources here, or include the following. It should be one or the other so that the blog is not too long.]

As a community, we *Connect to Protect* because mental health matters. For more information and to help promote suicide prevention, go to www.DSPO.mil/spm.

In addition to mental health services available at the installation Medical Treatment Facility and through [Tricare](#), other support resources include:

- Chaplains are available through the workplace or on the military installation. The help you receive is confidential.
- Non-medical counseling is free and confidential through the Military and Family Life Counseling (MFLC) program, [Military OneSource](#), and installation-based non-medical counseling in some locations.
- The [Veterans and Military Crisis Line](#) offers free and confidential help 24 hours a day, seven days a week by dialing 988 and pressing one, or by text ([838255](tel:838255)), and through chat (VeteransCrisisLine.net/Chat). Help is free and confidential. To reach the Crisis Line OCONUS:
 - In Europe, Call: 00800 1273 8255 or DSN 118
 - In Japan and Korea, Call: 080-855-5118 or DSN 118
 - In Afghanistan, Call: 00 1 800 273 8255 or DSN 111