



# Defense Suicide Prevention Office



## SUICIDE PREVENTION PLEDGE

**Each one of us has a role to play in suicide prevention.**

**Make a promise today to *#BeThere*.**

- ◇ Small steps save lives. Know your action could save a life!
- ◇ Set an example by creating an environment where asking for help and reaching out to others are signs of strength.
- ◇ *#BeThere* for yourself! Taking care of yourself is as important as taking care of others.
- ◇ Develop healthy habits and ways to cope with stress to keep you strong and resilient.
- ◇ Become familiar with safe storage strategies for yourself, your family, and friends.
- ◇ Safely store any firearms and medications.
- ◇ Know the resources that are available to you and others.
- ◇ Connect with family and friends. Volunteering or joining a group are great ways to care for yourself and others.
- ◇ Be the one who reaches out. Ask, "How can I help?"
- ◇ Consult with a mental health professional if you need assistance.

**I pledge to make it my mission to *#BeThere* for myself and others to prevent suicide.**

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*Make it Your Mission to...*  
*#BeThere*