


Blog – Director’s Message

Use the blog template to share information on your website about Suicide Prevention Month and how individuals can **#ConnectToProtect** to **#BeThere** for Service members and family members in your lives.



CONNECT TO PROTECT
Make it Your Mission to
#BeThere

DEPARTMENT OF DEFENSE
UNITED STATES OF AMERICA

DEFENSE SUICIDE PREVENTION CENTER
DEPARTMENT OF DEFENSE

SPM 2020

Director’s Message

Dear Suicide Prevention Allies,

The Department of Defense (DoD) is committed to preventing suicide among our military community. While suicide prevention is a DoD priority throughout the year, during September— Suicide Prevention Month — the Department brings added attention to the complex issue of suicide and emphasizes the resources and support available. I encourage everyone to get involved and to **#BeThere**, not just for others, but for yourself, as well.

This year, the DoD’s suicide prevention month slogan, *Connect to Protect*, highlights the important role that connections to family, friends, the community, and resources can play in preventing suicide. As important partners and allies in our suicide prevention efforts, I ask you to join me in the 2020 Suicide Prevention Month campaign.

Here are some ways you can support this critical mission:

- Download and use the 2020 DoD Suicide Prevention Month Campaign Guide.
- Download and display the 2020 Suicide Prevention Month poster.
- Use the Suicide Prevention Month 2020 **#ConnectToProtectPledge** to share how you will **#BeThere** and help save a life.
- Visit the DSPO Suicide Prevention Month Campaign webpage to download resources and tools.
- Share **#ConnectToProtect** campaign materials via your installation’s social media channels.
- Use the hashtags **#BeThere**, **#SPM20**, and **#ConnectToProtect** when posting on social media.

If you, or someone you know is in a crisis, there is help — call the Veterans/Military Crisis Line at 1-00-273-8255, press 1, or visit www.militarycrisisline.net and chat online 24 hours a day, seven days a week. Calling from overseas? In Europe: Call 0080012738255 or DSN 118; In Korea: Call 0808555118 or DSN 118; In Afghanistan: Call 0018002738255 or DSN111.

For non-crisis concerns, such as relationship, family, or financial challenges, you can get help from Military OneSource, which provides 24/7 service to all Service members, including National Guard and Reserve members, and eligible family members. Arrange a face-to-face, phone, online, or video counseling session by calling 1-800-342-9647.

Thank you for your persistence and dedication to suicide prevention in September and year-round.