



Tips for using Suicide Prevention Month materials

Materials are available to download and share from the Defense Suicide Prevention Office (DSPO) website at www.dspo.mil/2018SPM. The table below provides ideas of how you and your organization can use the materials to show your support for the DoD Suicide Prevention Month campaign.

Materials	Material Tips for use
Poster	Download and print the campaign poster to hang in your workplace or share electronically with others.
Brochure	Download, print and distribute this accessible 6"x6" trifold brochure to all audiences, providing ideas for how we can #BeThere for ourselves and others.
Postcard	Download and print postcards to use when mailing or giving to others. Show your support for the #BeThere campaign by writing on the back the ways you will #BeThere for someone.
Facebook frame	Upload the Facebook frame to your profile picture. Encourage others in your social networks to do the same. To add a frame from your mobile device, click on your profile picture to edit, then click "ADD FRAME," in the search field, enter "DSPO" or "BeThere" click on the SPM2018 frame.
DSPO social media calendar	Use the social media calendar to share images and messages on a variety of suicide prevention topics, as well as announcements of upcoming events.
#BeThere logo	Use the #BeThere logo when posting to your Facebook, Twitter and Instagram as a graphic or add to your communications products.

Make it Your Mission to...
#BeThere

