



DEFENSE SUICIDE PREVENTION OFFICE

Connect to Protect: Strengthening the Total Force Through Suicide Prevention

Suicide prevention is not only a matter of individual well-being — it is critical to the strength of the warrior ethos. It directly impacts the readiness, resilience, and effectiveness across the Total Force, including Active Duty, Reserve, and National Guard forces, as well as Department of Defense (DOD) civilians and military families.

One suicide is one too many — and the Department remains committed to end suicide throughout the Total Force.

In recognition of National Suicide Prevention Awareness Month this September, the DOD and the Defense Suicide Prevention Office (DSPO) reaffirm their shared commitment to safeguarding the Total Force through proactive suicide prevention efforts. The 2025 campaign theme, “Joining Your Fight: Connect to Protect,” calls on the entire military community to act to prevent suicide in the Total Force. The campaign emphasizes increasing awareness, reducing stigma, and encouraging healthy behaviors across the Total Force.

[Local installations may include a list of their programs, events, and resources here.]

A Unified Campaign Across the Military Community

As part of this year’s campaign, DSPO is launching an enhanced Suicide Prevention Awareness Month toolkit. Designed to support the military community, the updated toolkit features a variety of practical, ready-to-use resources. Highlights include a pledge encouraging individuals to seek help when needed and to actively support fellow Service members, coworkers, and loved ones. Two new podcast episodes will also debut, spotlighting the impactful work of subject matter experts driving suicide prevention and postvention efforts across the military. These experts share actionable insights, proven strategies, and real-world experiences to help strengthen resilience and save lives. Each September, DSPO refreshes the toolkit with new content and makes it available at [DSPO.mil](https://dspo.mil) as easily downloadable PDF files for convenient access and sharing.

Help Is Always Available

Access to care is essential to suicide prevention. Service members, veterans, and their families can receive support through military treatment facilities, [TRICARE](https://www.tricare.mil), and a range of non-medical counseling services. Key resources include:

- **[Veterans and Military Crisis Line](https://veteranscrisisline.net/get-help-now/chat/):** Call 988 and press 1, text [838255](https://veteranscrisisline.net/get-help-now/chat/), or chat online at veteranscrisisline.net/get-help-now/chat/ for free and confidential help 24 hours a day, 7 days a week.

Overseas Support Lines:

- NORTHCOM: [Dial 988, then Press 1](https://www.northcom.mil/1-844-702-5493),
- PACOM: Call [+1 844-702-5493](https://www.pacom.mil/1-844-702-5493) (off base) or DSN 988 (on base),





DEFENSE SUICIDE PREVENTION OFFICE

- EUCOM: Call [+1 844-702-5495](tel:+18447025495) (off base) or DSN 988 (on base),
 - CENTCOM: Call [+1 855-422-7719](tel:+18554227719) (off base) or DSN 988 (on base),
 - AFRICOM: Call [+1 888-482-6054](tel:+18884826054) (off base) or DSN 988 (on base), and
 - SOUTHCOM: Call [+1 866-989-9599](tel:+18669899599) (off base) or DSN 988 (on base).
- Chaplains provide counseling and are available through the workplace or on the military installation.
 - Non-medical counseling is free and confidential through the Military and Family Life Counseling Program, [Military OneSource](https://militaryonesource.mil), and installation-based non-medical counseling in some locations.
 - Military OneSource's [Military Installations](https://militaryonesource.mil/militaryinstallations) webpage has additional information about local resources.

Join the Fight Against Suicide

This September — and every day — DOD and DSPO lead with the message, “Joining Your Fight: Connect to Protect,” and encourage the entire military community to join forces against suicide. Seeking help is a sign of strength.

For more information and to help promote suicide prevention initiatives, visit [DSPO.mil](https://dspo.mil).

