



SUICIDE PREVENTION PLEDGE

Joining Your Fight: Connect to Protect

The Department of Defense (DOD) observes Suicide Prevention Awareness Month each September. For 2025, the DOD has adopted the theme “Joining Your Fight: Connect to Protect.”

Preventing suicide and supporting the Total Force requires creating a climate that encourages Service members and their families to seek help, practice secure storage of lethal means, and expand education and awareness campaigns across the military community. These efforts are essential to reducing suicide risk and supporting the well-being of all who serve.

Call to Action:

- **Supportive Environment:** Foster a supportive environment that improves the quality of life for the Total Force.
- **Community Vigilance:** Check in with family, friends, fellow Service members, and coworkers. Ask, “Are you okay?” or “How can I support you?”
- **Healthy Lifestyle:** Support mental and physical health through nutritious eating, physical activity, and adequate sleep.
- **Mental Health Care:** Encourage the use of available mental health, chaplain, prevention, and crisis resources.
- **Address Stigma:** Create a culture where asking for help is a sign of strength.
- **Training:** Attend a suicide prevention training to be aware of potential risks faced by the military community.
- **Lethal Means Safety:** Promote a culture of lethal means safety through awareness campaigns and training.
- **Value of Life:** Communicate that life is worth living across the military community.

Commitment:

This September and beyond, I pledge to show Service members, their families, and the greater military community that seeking support is a sign of strength.

I will stand united and create a culture where receiving help is a badge of honor.

I will support suicide prevention and strengthen the readiness of the Total Force.

