



Joining Your Fight: Connect to Protect

2025 Suicide Prevention Campaign Fact Sheet

The “Joining Your Fight: Connect to Protect” campaign is a year-round effort to raise awareness, share resources, and inspire creative and credible suicide prevention activities. This campaign is a call to action to the Total Force to stand together and combat suicide. It emphasizes help-seeking, reduces stigma, encourages lethal means safety, and increases awareness and use of available resources across the Department of Defense (DOD).

About Suicide Prevention in the DOD:

The DOD takes a comprehensive, integrated public health approach to suicide prevention. Recognizing that suicide has no single cause, the DOD is implementing a multi-tiered prevention strategy designed to inform, engage, and educate the greater military community.

This strategy delivers targeted resources and education to the military community.

Key initiatives focus on strengthening financial readiness, enhancing coping and problem-solving skills, fostering healthy social connections, expanding access to mental health support, promoting a culture of lethal means safety, and supporting Service members and their families throughout their military lives.

DOD Five Lines of Effort Campaign:

In 2025, the DOD continues to advance suicide prevention initiatives, aligning with the Secretary of Defense’s strategic priorities of Reviving the Warrior Ethos, Rebuilding the Military, and Reestablishing Deterrence. This campaign remains structured around five lines of effort, informed by the recommendations of the Suicide Prevention and Response Independent Review Committee:

- Foster a supportive environment.
- Address stigma and other barriers to care.
- Promote a culture of lethal means safety.
- Improve the delivery of mental health care.
- Revise suicide prevention training.

This broad and ambitious effort to eliminate suicide highlights the DOD’s unwavering commitment to advancing the wellness, health, and morale of the Total Force through a comprehensive public health approach.

What Do I Do if I Know Someone is in Crisis?

The Veterans/Military Crisis Line (VCL/MCL) is a toll-free, confidential, 24/7 resource, that connects Service members, including members of the National Guard and Reserve, and their family members with qualified, caring responders. The staff of the VCL/MCL are responders who understand the challenges of military life.

- **Call:** Dial 988 then press 1
- **Chat:** www.MilitaryCrisisLine.net
Chat support is available both in the United States and internationally.
- **Text:** 838255

Overseas installations may select from the following:

- **NORTHCOM:** Dial 988, then Press 1
- **PACOM:** Call +1 844-702-5493 (off base) or DSN 988 (on base)
- **EUCCOM:** Call +1 844-702-5495 (off base) or DSN 988 (on base)
- **CENTCOM:** Call +1 855-422-7719 (off base) or DSN 988 (on base)
- **AFRICOM:** Call +1 888-482-6054 (off base) or DSN 988 (on base)
- **SOUTHCOM:** Call +1 866-989-9599 (off base) or DSN 988 (on base)

In an emergency, **dial 911** or your local emergency number immediately.

