



SUICIDE PREVENTION PLEDGE

Together we can make a difference in suicide prevention.

The Department recognizes Suicide Prevention Awareness Month each September. Death by suicide is complicated. Taking care of the Total Force and promoting suicide prevention requires creating a climate that encourages Service members and their families to seek help, reduces access to lethal means, and broadens education and awareness campaigns across the military community. This is essential to reducing suicide risk.

Therefore, the call to action is clear and simple:

- Foster a supportive environment that improves the quality of life for the Total Force.
- Look out for family, friends, fellow Service members, and coworkers by checking on them and asking, “Are you okay? How can I help?”
- Eat healthy foods, exercise, and get enough sleep to reduce stress.
- Improve the delivery of mental health care to include learning about and using available mental health, chaplain, prevention, and crisis resources.
- Address stigma and other barriers to care by creating a culture where asking for help when things get difficult is a sign of strength.
- Provide suicide prevention training focused on topics relevant to the stressors faced by the military community.
- Promote a culture of lethal means safety through awareness campaigns and training.
- Communicate that life is worth living across the military community.
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This September and beyond, I pledge to show our Service members, their families, and the greater military community that seeking support is a sign of courage. Let’s stand united and create a culture where receiving help is a badge of honor. Together we can make a difference in suicide prevention and strengthen our Total Force.

