



## DEFENSE SUICIDE PREVENTION OFFICE

### The Department of Defense's Suicide Prevention Awareness Month Campaign, Joining Your Fight: Connect to Protect Emphasizes Support for the Total Force

[Insert installation name and date] — During September, the Department of Defense (DoD) recognizes National Suicide Prevention Awareness Month. The Department's 2024 theme, *Joining Your Fight: Connect to Protect*, is a call to action to the greater military community to focus on community, collaboration, connection, and hope. The campaign is a year-round effort to raise awareness, share resources and inspire creative, culturally appropriate, and credible suicide prevention activities. By promoting hope, community, and care, the Department seeks to emphasize help-seeking, reduce stigma, encourage lethal means safety, and increase awareness and utilization of available resources in alignment with the [Secretary's five lines of effort suicide prevention strategy](#).

[Insert installation] promotes innovative programs and resources in the ongoing effort to educate and promote suicide prevention awareness. [Highlight and promote local installation activities with dates and helpful resources.]

These activities met the challenge of tackling a difficult subject, reaching the community, and making a significant impact. The month will continue with [Installation Name and events with dates].

"One life lost is one too many. We invite everyone to Join the Fight against suicide by lending an ear and letting friends, family and co-workers know they matter, said Dr. Liz Clark, Director, Defense Suicide Prevention Office. "Looking out for the Total Force, holding onto connection, and embracing hope is how we stay strong not only during Suicide Prevention Awareness Month, but all year long."

*Service members and veterans who are in crisis or having thoughts of suicide, and those who know a Service member or veteran in crisis, can call the Veterans/Military Crisis Line for confidential support available 24 hours a day, seven days a week, 365 days a year. Call 988 and Press 1, text 838255, or chat online at [veteranscrisisline.net/get-help-now/chat/](https://veteranscrisisline.net/get-help-now/chat/). [Overseas Installations should pick their appropriate number: **Europe:** Call [+1 844-702-5495](#) (off base) or DSN 988 (on base), **Southwest Asia:** Call [+1 855-422-7719](#) (off base) or DSN 988 (on base), **Pacific:** Call [+1 844-702-5493](#) (off base) or DSN 988 (on base)]*

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