



# DEFENSE SUICIDE PREVENTION OFFICE

## Joining Your Fight: Connect to Protect

### *The Department of Defense Suicide Prevention Program Fights to Protect the Total Force.*

The military is a close-knit community that overcomes challenges together, whether it's responding to suicide, maintaining mental health, or promoting a healthy climate, the Department stands ready to support a mission-ready Total Force.

*Joining Your Fight: Connect to Protect* is the 2024 DoD suicide prevention campaign for Suicide Prevention Awareness Month in September and throughout the year. This campaign is a call to action to the greater military community to focus on community, collaboration, connection, and hope to raise awareness, share resources, and inspire creative suicide prevention activities. **[Local installations/programs can include a list of their programs, events, and resources.]**

As part of Suicide Prevention Awareness Month, the Defense Suicide Prevention Office is providing resources for the Total Force. These include a pledge, which is a commitment to seek help and look out for fellow Service members, coworkers, and family members. Podcasts highlighting resources and partner organizations will be posted throughout the month. There will be a variety of other resources available at [DSPO.mil/spm](https://www.dspo.mil/spm).

Accessing care is a very important resource and is available at the installation medical treatment facility and through [TRICARE](#). Other support resources include:

- Chaplains are available through the workplace or on the military installation. The help you receive is confidential.
- Non-medical counseling is free and confidential through the Military and Family Life Counseling (MFLC) program, [Military OneSource](#), and installation-based non-medical counseling in some locations.
- The [Veterans and Military Crisis Line](#) offers free and confidential help 24 hours a day, 7 days a week by dialing 988 and pressing one, or by text ([838255](tel:838255)), and through chat ([VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)). Help is free and confidential. To reach the Crisis Line OCONUS:
  - In Europe, 844-702-5495 or DSN 988
  - In Southwest Asia, 855-422-7719 or DSN 988
  - In the Pacific, 844-702-5493 or DSN 988
- Check out Military Installations (<https://installations.militaryonesource.mil/>) to find information about your local resources.

To fight suicide in the community we must join forces, and at the Defense Suicide Prevention Office, we are Joining Your Fight. For more information and to help promote suicide prevention, go to [www.DSPO.mil/spm](https://www.dspo.mil/spm).

