



Joining Your Fight Fact Sheet

About the Joining Your Fight: Connect to Protect Campaign

The Joining Your Fight: Connect to Protect campaign is a year-round effort to raise awareness, share resources, and inspire creative, culturally appropriate, and credible suicide prevention activities. This campaign is a call to action to the Total Force to focus on community, collaboration, connection, and hope. The goal of the campaign is to emphasize help-seeking, reduce stigma, encourage lethal means safety, and increase awareness and utilization of available resources across the Department.

About Suicide Prevention in the DOD:

The Department takes a comprehensive, integrated, public health approach to suicide prevention because we recognize that suicide has no single cause — and no single preventative action, treatment, or cure will eliminate every individual suicide death. We are implementing cultural change through a multi-tiered prevention strategy — one that informs, engages, and educates to save lives. We meet the military community where they are with the resources and education they need; strengthening financial readiness, developing coping and problem-solving skills, encouraging healthy connections, enhancing access to mental health support, promoting a culture of lethal means safety, and supporting Service members and their families through the many transitions that occur across the military lifecycle.

DOD Five Lines of Effort Campaign:

In September 2023, the Secretary announced a new suicide prevention campaign plan across five lines of effort and adopted and modified numerous enabling actions from the recommendations made by the Suicide Prevention and Response Independent Review Committee (SPRIRC):

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

This is the Department's most wide-reaching and ambitious effort to eliminate suicide to date and demonstrates the DOD's unwavering commitment to promoting the wellness, health, and morale of our total force through a public health approach.

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

The Military Crisis Line (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 MCL are responders who understand the challenges of military life.

- **Call:** Dial 988 then Press 1
- **Chat:** www.MilitaryCrisisLine.net
- **Text:** 838255



The following overseas locations have direct crisis line numbers for Active-Duty Service members:

In 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)

Crisis chat support is available elsewhere and internationally at www.MilitaryCrisisLine.net

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