

**ALARACT 219/2012**

**DTG: 141328Z AUG 12**

UNCLASSIFIED/

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER ON BEHALF OF DA WASHINGTON DC//DAPE-HR//

SUBJECT: ARMY SUICIDE PREVENTION MONTH (SEPTEMBER 2012)

1. THE ARMY IS COMMITTED TO THE HEALTH, SAFETY AND WELL-BEING OF ITS SOLDIERS, DA CIVILIANS AND FAMILIES. TO EMPHASIZE THIS COMMITMENT, THE ARMY WILL EXTEND OBSERVANCE OF NATIONAL SUICIDE PREVENTION WEEK TO THE ENTIRE MONTH OF SEPTEMBER 2012. THE ARMY THEME FOR 2012 IS "A HEALTHY FORCE IS A READY FORCE."

2. IN OBSERVANCE OF SUICIDE PREVENTION MONTH, THE ARMY IS CONDUCTING A STAND DOWN DAY TO FURTHER INCREASE AWARENESS, ENHANCE RESILIENCY, AND IMPROVE THE HEALTH AND DISCIPLINE ACROSS OUR ARMY FAMILY. THE THEME FOR THE STAND DOWN (27 SEP 12) IS "SHOULDER TO SHOULDER: WE STAND UP FOR LIFE." ADDITIONAL GUIDANCE WILL BE PROVIDED VIA EXORD FROM ARMY G-1 (ASPP). HQDA IS SPONSORING A HEALTH FAIR AT THE PENTAGON WITH REPRESENTATION FROM ACROSS THE SERVICES AND COMMUNITY ORGANIZATIONS FOCUSING ON HEALTH PROMOTION AND RISK REDUCTION. SIMILAR EFFORTS SHOULD BE CONDUCTED WITHIN YOUR COMMAND TO PROMOTE WELLNESS AND READINESS. ALL LEADERS ARE ENCOURAGED TO CONTINUE TO REVIEW INSTALLATION SERVICES, PROGRAMS, AND POLICIES WITHIN YOUR COMMUNITIES TO PROMOTE ALL ASPECTS OF HEALTH AND WELLNESS. FOR THIS YEAR'S OBSERVANCE, ADDITIONAL EMPHASIS SHOULD BE PLACED ON IDENTIFYING AND ELIMINATING ALL STIGMA-RELATED BARRIERS THAT NEGATIVELY IMPACT HELP-SEEKING BEHAVIOR WITHIN THE FORCE. EFFECTIVE SUICIDE PREVENTION AND INTERVENTION ACTIVITIES REQUIRE A CONTINUUM OF SERVICES AND MUST BUILD ON INDIVIDUAL, UNIT/AGENCY, AND FAMILY STRENGTH AND STRONG COMMUNITIES.

3. THE ARMY PROCLAMATION SIGNED BY THE SECRETARY OF THE ARMY, THE CHIEF OF STAFF OF THE ARMY, AND THE SERGEANT MAJOR OF THE ARMY IN SUPPORT OF THE ARMY SUICIDE PREVENTION MONTH AND A LIST OF SUGGESTED ACTIVITIES WILL BE AVAILABLE AT THE ARMY G-1 SUICIDE PREVENTION WEBSITE [WWW.PREVENTSUICIDE.ARMY.MIL](http://WWW.PREVENTSUICIDE.ARMY.MIL) ALONG WITH A VARIETY OF TRAINING RESOURCES.

4. FOR ADDITIONAL GUIDANCE, PLEASE CONTACT THE ARMY SUICIDE PREVENTION PROGRAM, 703-571-7242 OR 703-571-7355, [WWW.USARMY.PENTAGON.HQDA-DCS-G-1.MBX.SUICIDE-](mailto:WWW.USARMY.PENTAGON.HQDA-DCS-G-1.MBX.SUICIDE-)

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5. THIS MESSAGE EXPIRES 31 AUGUST 2013.