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PRECEDENCE TO: ROUTINE DTG: 212131Z MAY 09

PRECEDENCE CC: ROUTINE

TYPE: DMS SIGNED/ENCRYPTED

FROM PLA: PTC WASHINGTON DC//ALARACT//

FROM D/N: C:US,O:U.S. Government,OU:DoD,OU:Army,OU:Organizations,
L:CONUS,L:WASHINGTON DC,OU:DA PENTAGON

TELECOMMUNICATIONS(uc),OU:ALARACT RELEASE AUTHORITY(UC)

SUBJECT: ALARACT 153/2009 - MILITARY ONESOURCE CRISIS LINE / THE DEFENSE CENTER
OF EXCELLENCE (DCOE) OUTREACH CENTER

TEXT:

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

SUBJECT: MILITARY ONESOURCE CRISIS LINE / THE DEFENSE CENTER OF EXCELLENCE (DCOE)
OUTREACH CENTER

1. THE ARMY REMAINS COMMITTED TO MAKE THE MOST OF EVERY RESOURCE TO OPTIMIZE THE
HEALTH, SAFETY AND WELL BEING OF ITS SOLDIERS, CIVILIANS, AND FAMILIES. THE
MILITARY ONESOURCE CRISIS INTERVENTION HOTLINE IS A FREE PHONE AND ONLINE SERVICE
PROVIDED BY THE DEPARTMENT OF DEFENSE FOR ACTIVE-DUTY, GUARD, AND RESERVE SERVICE
MEMBERS (INCLUDING INDIVIDUAL READY RESERVE MEMBERS) AND THEIR FAMILIES.

2. CREDENTIALLED CONSULTANTS OFFER SUPPORT AND PRACTICAL SOLUTIONS 24 HOURS A
DAY, 7 DAYS A WEEK / 365 DAYS A YEAR THROUGH PHONE OR ONLINE CONSULTATION. THE
CONSULTANTS WILL ASSESS THE CALLER'S NEEDS AND PROVIDE A REFERRAL TO HEALTH CARE
PROFESSIONALS THAT CAN PROVIDE FACE-TO-FACE FOLLOW-UP COUNSELING.

3. CURRENTLY, SOLDIERS AND FAMILY MEMBERS CAN BE PROVIDED UP TO 12 FREE, FACE-
TO-FACE, SHORT TERM COUNSELING SESSIONS.

4. MILITARY ONESOURCE CONTACT INFORMATION:

FROM THE U.S.: 1-800-342-9647

OUTSIDE THE U.S.: (COUNTRY ACCESS CODE) 800-342-9647 (DIAL ALL 11

NUMBERS) OR CALL COLLECT FROM OUTSIDE THE U.S.: 484-530-5908

TTY/TTD: 800-346-9188 (HEARING IMPAIRED)

EN ESPANOL, LLAME AL 1-877-888-0727

[HTTP://WWW.MILITARYONESOURCE.COM](http://www.militaryonesource.com)

5. THE DEFENSE CENTER OF EXCELLENCE (DCOE) OUTREACH CENTER HELP LINE IS ALSO
AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK / 365 DAYS A YEAR. THIS HELP LINE IS
STAFFED BY CONSULTANTS WHO CAN SERVE AS AN AUTHORITATIVE SOURCE OF INFORMATION ON
PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY ISSUES. THIS OUTREACH CENTER

ASSISTS SERVICE MEMBERS, VETERANS, AND THEIR FAMILIES GATHER INFORMATION AND CONNECT WITH THE AGENCIES NEEDED TO PROMOTE RESILIENCE, RECOVERY, AND REINTEGRATION. FOR MORE INFORMATION, CONTACT: 1-866-966-1020 OR [HTTP://WWW.DCOE.HEALTH.MIL/RESOURCES.ASPX](http://www.dcoe.health.mil/resources.aspx).

6. THE ARMY MUST GIVE OUR SOLDIERS AND FAMILY MEMBERS EVERY OPPORTUNITY TO BECOME AWARE OF THE MULTITUDE OF RESOURCES WHICH ARE AVAILABLE TO THEM. PROMOTING THE MILITARY ONESOURCE CRISIS INTERVENTION NUMBER AND THE DCOE OUTREACH CENTER HELP LINE ARE TWO WAYS THAT LEADERS CAN REINFORCE THE ARMY'S COMMITMENT TO BUILDING RESILIENCE, POSITIVE LIFE COPING SKILLS, AND WELL BEING FOR OUR SOLDIERS AND FAMILY MEMBERS.

7. HQDA POC FOR THIS MESSAGE IS [G1SUICIDE@CONUS.ARMY.MIL](mailto:g1suicide@conus.army.mil). IF YOU HAVE FURTHER QUESTIONS PLEASE GO TO THE FOLLOWING WEBSITE:

[HTTP://WWW.ARMYG1.ARMY.MIL/HR/SUICIDE/DEFAULT.ASP](http://www.armyg1.army.mil/hr/suicide/default.asp)

INFORMATION ON DCOE OUTREACH CENTER CAN BE OBTAINED BY VISITING

[HTTP://WWW.DCOE.HEALTH.MIL/DEFAULT.ASPX](http://www.dcoe.health.mil/default.aspx) WEBSITE.

8. THIS MESSAGE HAS BEEN APPROVED BY THE DIRECTOR, ARMY SUICIDE PREVENTION TASK FORCE.

9. THIS MESSAGE WILL EXPIRE 31 MAY 2011.

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ORIGINAL TO RECIPIENTS:

C:US,O:U.S. GOVERNMENT,OU:DOD,OU:AUTODIN PLAS,OU:AIG 6-AZ,OU:ALARACT
[ALARACT]

C:US,O:U.S. GOVERNMENT,OU:DOD,OU:ARMY,OU:ORGANIZATIONS,OU:ADDRESS
LISTS,CN:AL ALARACT(UC)
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