

ALARACT 236/2010 ARMY SUICIDE PREVENTION MONTH (SEPTEMBER 2010), DTG 042037Z AUG 10. The Army is committed to the health, safety and well-being of its Soldiers, DA Civilians and Families. To emphasize this commitment, the Army is joining the Nation in observing National Suicide Prevention Month during the month of Sep 10. The Army's observance during the entire month of Sep will use "Shoulder to Shoulder - I Will Never Quit on Life" as this year's theme. In order to capture best practices in support of the Army observance of the National Suicide Prevention Month, all ACOMs, DRUs, and ASCCs are to submit a consolidated report of suicide prevention activities conducted in support of the national campaign to HQDA G1 NLT 4 Dec 10. See the message for more information.

ALARACT 236/2010
R 042037Z AUG 10

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

SUBJECT: ARMY SUICIDE PREVENTION MONTH (SEPTEMBER 2010)

UNCLASSIFIED//

1. THE ARMY IS COMMITTED TO THE HEALTH, SAFETY AND WELL-BEING OF ITS SOLDIERS, DEPARTMENT OF THE ARMY (DA) CIVILIANS AND FAMILIES. TO EMPHASIZE THIS COMMITMENT, THE ARMY IS JOINING THE NATION IN OBSERVING NATIONAL SUICIDE PREVENTION MONTH DURING THE MONTH OF SEPTEMBER 2010. THE ARMY'S OBSERVANCE DURING THE ENTIRE MONTH OF SEPTEMBER WILL USE "SHOULDER TO SHOULDER - I WILL NEVER QUIT ON LIFE" AS THIS YEAR'S THEME. EACH ONE OF US HAS A RESPONSIBILITY AND COMMITMENT TO REACH OUT AND HELP OUR FELLOW SOLDIERS, DA CIVILIANS OR FAMILY MEMBERS WHO NEED THE STRENGTH OF THE ARMY. TOGETHER, WE WILL MAKE A DIFFERENCE BY HELPING THOSE AT RISK AND PREVENT SUICIDES.

2. WHILE SUICIDE PREVENTION IS AN INSTITUTIONAL ARMY PROGRAM, LEADERS MUST TAKE THIS OPPORTUNITY TO PLAN, COORDINATE AND EXECUTE SUICIDE PREVENTION EDUCATION, AWARENESS AND TRAINING PROGRAMS (I.E., ANNUAL ASK, CARE, ESCORT (ACE) TRAINING). ALL LEADERS, PARTICULARLY NONCOMMISSIONED OFFICERS AND FIRST LINE LEADERS, MUST MAKE YOUR UNITS, INSTALLATIONS AND COMMUNITIES SUICIDE PREVENTION-AWARENESS ENVIRONMENTS. FOCUS ON ALL ASPECTS OF HEALTH AND WELLNESS TO PROMOTE TOTAL WELL-BEING ACROSS THE FORCE. SUGGESTED ACTIVITIES INCLUDE: DISPLAY AND INFORMATION BOOTHS; GUEST SPEAKERS; TREE PLANTING CEREMONIES; EDUCATIONAL AWARENESS ON HEALTH PROMOTION, RISK REDUCTION AND SUICIDE PREVENTION; REINFORCE TECHNIQUES LEARNED FROM ACE AND APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST); "WALKS AND RUNS FOR LIFE"; LEADERS' PUBLIC SERVICE ANNOUNCEMENTS (PSAS); BANNER AND POSTER DISPLAYS; NEWSPAPER ARTICLES; RADIO AND TV PSAS; DISTRIBUTION OF ACE AND SUICIDE PREVENTION TRAINING TIP CARDS; BEHAVIORAL HEALTH SCREENINGS; INVITE LOCAL AGENCIES TO PROVIDE EDUCATIONAL BRIEFINGS AND MATERIALS; COORDINATE WITH PUBLIC AFFAIRS OFFICES AND LOCAL MEDIA, ETC.

3. A VARIETY OF RESOURCES ARE AVAILABLE VIA THE US ARMY PUBLIC HEALTH

COMMAND (PROVISIONAL) AT WWW.ARMY.MIL/SUITE/PAGE/503094 (AKO LOGIN REQUIRED) AND THE ARMY G-1 SUICIDE PREVENTION WEBSITE AT WWW.PREVENTSUICIDE.ARMY.MIL. PUBLIC AFFAIRS GUIDANCE IS AVAILABLE VIA THE OFFICE OF THE CHIEF OF PUBLIC AFFAIRS AT WWW.US.ARMY.MIL/SUITE/PAGE/638671.

4. LEADERS MUST EMPOWER SOLDIERS, DA CIVILIANS AND FAMILIES WITH INTERVENTION TECHNIQUES AND WAYS TO SEEK HELP (HOTLINES, CRISIS CENTERS, RELIGIOUS ORGANIZATIONS, AMERICAN RED CROSS, ETC.). LEADERS MUST FAMILIARIZE SOLDIERS, DA CIVILIANS AND FAMILIES WITH ARMY AND LOCAL AGENCIES/PROGRAMS AND TELL THEM HOW TO ACCESS THEM. ENSURE SOLDIERS KNOW THEIR UNIT CHAPLAIN AND BEHAVIORAL HEALTH COUNSELING SERVICES AND HOW TO CONTACT THEM.

5. IN ORDER TO CAPTURE BEST PRACTICES IN SUPPORT OF THE ARMY OBSERVANCE OF THE NATIONAL SUICIDE PREVENTION MONTH, ALL ACOMS, DRUS, AND ASCCS ARE TO SUBMIT A CONSOLIDATED REPORT OF SUICIDE PREVENTION ACTIVITIES CONDUCTED IN SUPPORT OF THE NATIONAL CAMPAIGN TO HQDA G1 NLT 4 DECEMBER 2010.

6. FOR ADDITIONAL GUIDANCE, PLEASE CONTACT THE ARMY SUICIDE PREVENTION TASK FORCE, 703-571-3259/5576 OR G1SUICIDE@CONUS.ARMY.MIL.

7. SUGGESTED ACTIVITIES IN SUPPORT OF THE ARMY SUICIDE PREVENTION MONTH ARE ATTACHED TO THIS MESSAGE. THIS INFORMATION IS ALSO AVAILABLE AT THE ARMY G-1 SUICIDE WEBSITE WWW.PREVENTSUICIDE.ARMY.MIL.

8. THIS MESSAGE EXPIRES 31 AUGUST 2011.