

ALARACT 319/2011

DTG: R 232100Z AUG 11

UNCLASSIFIED//

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 2011)

1. THE PURPOSE OF THIS ALARACT IS TO (A) RETRANSMIT GUIDANCE CONTAINED IN ALARACT DTG 282146Z APR 11, SUBJECT: SAB; AND (B) DISSEMINATE THE ARMY PROCLAMATION FOR THE 2011 OBSERVANCE OF THE ARMY SUICIDE PREVENTION MONTH SIGNED BY THE SECARMY, CSA, AND SMA.

2. THE ARMY IS COMMITTED TO THE HEALTH, SAFETY AND WELL-BEING OF ITS SOLDIERS, DEPARTMENT OF THE ARMY (DA) CIVILIANS AND FAMILIES. TO EMPHASIZE THE COMMITMENT, THE ARMY WILL EXTEND OBSERVANCE OF NATIONAL SUICIDE PREVENTION WEEK TO THE ENTIRE MONTH OF SEPTEMBER 2011. THE ARMY'S FOCUS IS ON TOTAL WELL-BEING, RESILIENCE, AND POSITIVE RESULTS THAT CAN BE ACHIEVED BY REACHING OUT TO THOSE WHO MAY BE AT RISK OF SUICIDE. THE ARMY THEME FOR 2011 IS "SHOULDER TO SHOULDER: BUILDING RESILIENCE IN THE ARMY FAMILY."

3. 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. IN 2011, THE ARMY IS ILLUSTRATING STORIES OF RESILIENCE, PROVIDING EDUCATION AND EXAMPLES OF PROTECTIVE FACTORS, CONVEYING THAT CARE IS AVAILABLE AND EFFECTIVE, AND ADVANCING A COMMUNITY THAT SUPPORTS AND FACILITATES HELP-SEEKING BEHAVIOR.

4. ALL LEADERS SHOULD REVIEW INSTALLATION SERVICES, PROGRAMS, POLICIES AND COMMUNITIES TO PROMOTE ALL ASPECTS OF HEALTH AND WELLNESS. ACTIVITIES IN OBSERVANCE OF NATIONAL SUICIDE PREVENTION WEEK SHOULD HIGHLIGHT ALL PROGRAMS THAT ENCOMPASS TOTAL WELL BEING, SUCH AS AVAILABILITY OF BEHAVIORAL HEALTH SERVICES, CHAPLAINS AND COUNSELING SERVICES, PARENTING CLASSES, EVENTS IN SUPPORT OF BETTER OPPORTUNITIES FOR SINGLE SOLDIERS, FINANCIAL PLANNING TRAINING, RELATIONSHIP AND MARITAL SKILLS BUILDING (I.E., STRONG BONDS), INVITATIONS TO OFF-POST BEHAVIORAL AND PHYSICAL HEALTH SERVICES, STRESS MANAGEMENT CLASSES, HEALTHY LIFESTYLE TECHNIQUES (DIET, EXERCISE, HOBBIES), THERAPY RESOURCES, ETC.

5. A VARIETY OF RESOURCES ARE AVAILABLE VIA THE US ARMY PUBLIC HEALTH COMMAND AT WWW.ARMY.MIL/SUITE/PAGE/503094 (AKO LOGIN REQUIRED) AND THE ARMY G-1 SUICIDE PREVENTION WEBSITE AT WWW.PREVENTSUICIDE.ARMY.MIL.

6. 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 GUIDE THEM IN ACCESSING THEM. ENSURE MEMBERS OF THE ARMY FAMILY KNOW ABOUT AVAILABLE RESOURCES (I.E., UNIT CHAPLAIN, BEHAVIORAL HEALTH COUNSELING SERVICES, CRISIS LINES), AND HOW TO CONTACT THEM.

7. A LIST OF SUGGESTED ACTIVITIES AND THE ARMY PROCLAMATION SIGNED BY THE SECARMY, CSA, AND SMA IN SUPPORT OF THE ARMY SUICIDE PREVENTION MONTH ARE ATTACHED. THIS INFORMATION WILL ALSO BE AVAILABLE AT THE ARMY G-1 SUICIDE WEBSITE WWW.PREVENTSUICIDE.ARMY.MIL.

8. FOR ADDITIONAL GUIDANCE, PLEASE CONTACT THE ARMY SUICIDE PREVENTION PROGRAM, 703-601-9343/9354 OR G1SUICIDE@CONUS.ARMY.MIL.

9. THIS MESSAGE EXPIRES 31 AUGUST 2012.