



DEPARTMENT OF THE ARMY
OFFICE OF THE DEPUTY CHIEF OF STAFF, G-1
300 ARMY PENTAGON
WASHINGTON, DC 20310-0300

DAPE-PD

07 July 2025

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Suicide Prevention Month, September 2025

1. September is Suicide Prevention Month. During September, and throughout the year, the Army is dedicated to preventing suicide by addressing stigma and shifting harmful perceptions, spreading hope, and sharing vital information about resources that support suicide prevention. We are committed to strengthening support networks in our Army community and ensuring Soldiers, Army Civilians and Family members have access to the resources they need.

2. Suicide is preventable. As leaders, we have the responsibility to build a culture of connection where everyone feels valued, supported and part of the team. We must normalize, promote, and facilitate the use of resilience skills, clinical and non-clinical care and suicide prevention resources for all Soldiers, Army Civilians and Family members. We must also promote secure storage of firearms and medication to create protective environments, especially among those at risk of suicide. Every team member is vital to the success of our mission and one loss is too many.

3. The Army's 2025 Suicide Prevention Month theme is "We Are Stronger Together. Connect to Protect." This theme emphasizes the role that strong, positive relationships play in countering suicide risk. Healthy bonds and engagement in activities at school, work, and in the community increase our well-being and resilience. Connecting with others fosters a sense of belonging, encourages healthy coping, and creates a support system of people and resources we can rely on when difficulties arise.

4. The Directorate of Prevention, Resilience and Readiness has created awareness materials for Suicide Prevention Month. The materials provide actionable information for building connection with others and links to suicide prevention resources. These free materials are for use in installation and unit outreach and communication efforts. They include posters, fact sheets, infographics, prevention messaging and sample social media posts that installation PAOs, Suicide Prevention Program offices and Command Teams can use to raise awareness. Materials can be downloaded from the DPRR Products on Demand website

(<https://marcomcentral.app.pti.com/Ironmark/ARDmaterials/>). For more information, visit the Army's Suicide Prevention Month webpage (www.armyresilience.army.mil/SPM-2025).

5. Every leader, Soldier, Army Civilian and Family member has a role in suicide prevention. Foster and build positive connections at work, school, home and in your community. Know the contact information for local resources, including chaplains, military family life counselors and behavioral health. Individuals in crisis should dial 988, then press 1 to reach the Suicide and Crisis Lifeline. For those outside the continental U.S. dial the following number:

- NORTHCOM:
Call 988 then Press 1
- SOUTHCOM:
Call +1 866-989-9599 (off base)
or DSN 988 (on base)
- EUCOM:
Call +1 844-702-5495 (off base)
or DSN 988 (on base)
- CENTCOM:
Call +1 855-422-7719 (off base)
or DSN 988 (on base)
- PACOM:
Call +1 844-702-5493 (off base)
or DSN 988 (on base)
- AFRICOM:
Call +1 888-482-6054 (off base)
or DSN 988 (on base)

6. Our Army is the most capable and lethal ground force in the world. To transform and adapt to the demands of the battlefield our Army must be comprised of cohesive teams of resilient individuals. The lethality of our Army depends on our people; their mental and physical resilience is at the core. We Are Stronger Together. Connect to Protect.

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Director

Directorate of Prevention, Resilience and Readiness

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