

SEPTEMBER IS SUICIDE PREVENTION MONTH

EARLY INTERVENTION AND CONNECTION

TAKE RESPONSIBILITY TO ENGAGE



I Am Aware: Gain situational awareness and be present to notice what is happening around you.

I Am Responsible: Take personal responsibility to help.

I Have a Plan: Engage in a situationally appropriate, safe and productive way.

The Engage workshop helps Soldiers learn concepts and practice skills that cover many areas of care, from proactive and prosocial behavior to crisis intervention. If you are interested in receiving the Engage workshop for your unit, please reach out to your local R2 Performance Center to schedule training.



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

For more ways to strengthen your resilience, connect with us at: www.armyresilience.army.mil

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