

AMERICA'S ARMY:
THE STRENGTH OF THE NATION™

ARMY SUICIDE PREVENTION MONTH

2012



A HEALTHY FORCE
IS A READY FORCE



WWW.PREVENTSUICIDE.ARMY.MIL

MILITARY CRISIS LINE: 1-800-273-8255, PRESS 1

We Stand Up for Life!

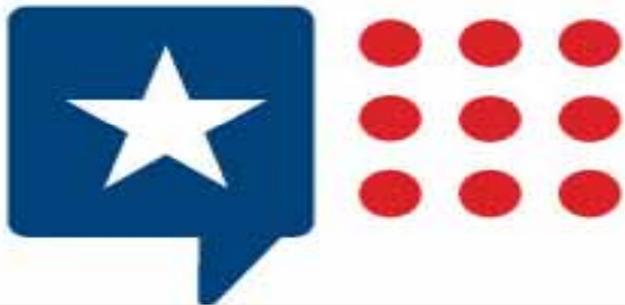
Expand our observance with events occurring during the entire month of September, focusing efforts on total Army Family well-being, resilience, stigma reduction and positive results achieved by getting involved and reaching out for help.

Suicide Prevention and Resiliency Resources

Suicide Prevention Stand Down – Available Resources

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) - www.suicidepreventionlifeline.org
- Military Crisis Line: 1-800-273-8255, Press 1
- Military OneSource: 1-800-342-9647 - www.militaryonesource.com
- Military Pathways: 1-877-877-3647 - www.militarymentalhealth.org
- Signs of Suicide (SOS) Military Program : <http://www.mentalhealthscreening.org/military/index.aspx>
- Chaplains: <http://www.army.mil/info/organization/chaplaincy>
- Army Family Medical Life Counselors
- Family Readiness Groups
- Real Warriors Campaign: 1-866-966-1020 - www.realwarriors.net
- Wellness Resources for the Military Community - www.afterdeployment.org
- TAPS (Tragedy Assistance Program for Survivors): 1-800-959-TAPS (8277) - www.taps.org
- Warrior and Family Assistance Center (WFAC): 1-800-436-6290 - www.arfp.org/WFAC
- Vets4Warriors – 1-855-838-8255: www.Vets4Warriors.com
- Give an Hour: www.giveanhour.org
- DCoE Outreach Center For Psychological Health and Traumatic Brain Injury Information and Resources: 1-866-966-1020
Connect with the Community
- American Association of Suicidology - www.suicidology.org
- American Foundation for Suicide Prevention - www.afsp.org
- Suicide Prevention Resource Counsel - www.sprc.org

Military Crisis Line



- DSN 118 from Army garrison DSN phone or toll-free European number, 00800-1273-TALK (8255) press 1.
- All active-duty military, civilians, family members and contractors can reach
- the Lifeline
- The toll-free number can be dialed from fixed-line telephones and most cell phones in Germany, Italy, Belgium, the Netherlands, and the United Kingdom.

Confidential Help for Veterans and Their Families

<http://www.veteranscrisisline.net/ChatTermsOfService.aspx>

Veterans Chat

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24/7 Confidential Support is a Click Away



If you're a Veteran in crisis or concerned about one, responders at the Veterans Crisis Line online chat offer help that can make a difference. Caring, qualified VA professionals are standing by to provide free and confidential support. Use the Veterans Chat to get online support anonymously, 24 hours a day, 7 days a week, 365 days a year — even if you're not registered with VA or enrolled in VA health care. Responders will work with you to help you get through any personal crisis, even if that crisis does not involve thoughts of suicide.