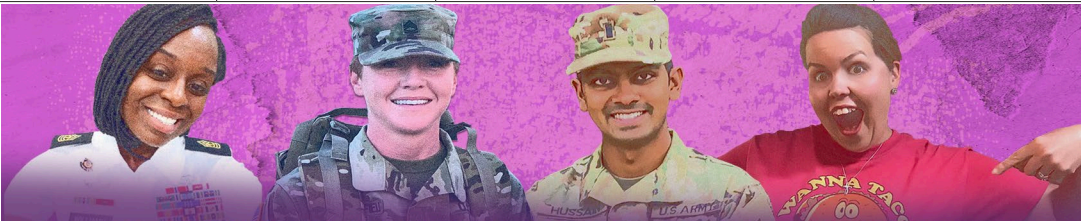


SUICIDE PREVENTION MONTH

CONNECT TO PROTECT SUPPORT IS WITHIN REACH

1 A Soldier's schedule can get hectic. Leaders calling Soldiers just to check in shows you care and helps them feel connected.	2 Haven't seen your battle buddy in a while? Invite them over for movie night.	3 Tag a fellow Soldier on Instagram to share memories or stories.	4 Think someone you know may be having thoughts of suicide? Support is within reach, text 838255 to connect with caring responders.	5 Put a smile on a Soldier's face by sending a funny meme. Humor can make a person's day!	6 Schedule a video chat social hour to catch up with friends and Family.	7 Email an old friend just because. Reconnect to reminisce about the good old days.
8 Write a letter to a relative and let them know you are thinking about them.	9 Walk your dog with your neighbor. Daily chores are more fun when done with other people.	10 Do the dishes with your significant other. Couples who do chores together, stay together!	11 In need of spiritual guidance? Connect with your unit chaplain. They're there to listen to and guide you through any concerns or problems you may be experiencing.	12 Coming home from training or TDY? Plan a game day with friends and Family.	13 Spend time with your nieces or nephews. Kids and adults benefit from a connected and supportive extended Family.	14 Lost contact with a battle buddy after their ETS? Reach out and ask them how civilian life is going.
15 Normalize and discuss with your Soldiers safe firearm storage during weekend safety briefings. More than 65% of military suicide deaths involve the use of a firearm.	16 Run errands with your pet. They make great companions and help break the ice when socializing with new people.	17 Go for a scenic run or bike ride with a battle buddy. Exercise releases endorphins which gives you a positive boost.	18 Make someone's day by "paying it forward." Buy a coffee for the person behind you in line.	19 Meet new people in your community by taking a creative class or trying a new hobby. Combining your interests and building new skills redirects your focus on something positive.	20 If you're in crisis, visit www.veteranscrisisline.net/get-help/chat to talk to caring professionals. Support is free, anonymous, and confidential.	21 Join a local sports league or play a pickup game with other Soldiers for some friendly competition & to build a sense of belonging.
22 Need to talk to someone right away? Professionals are waiting to listen. Call 1-800-273-TALK (8255) and press 1 for the Military Crisis Line.	23 If your spouse is deployed, gather the Family for a group video chat to say "Hi!"	24 Go fishing with your battle buddies. Unwinding together helps you destress and decompress.	25 Thank someone in your support circle. Expressing your gratitude shows how much you appreciate and reaffirms your relationships.	26 Create a phone free zone and set aside time for a face-to-face conversation with a friend or Family member.	27 Don't be afraid to talk to someone who is in crisis – you don't have to be a professional to listen and help them get the resources they need.	28 Learn the risk factors and warning signs for suicide https://go.usa.gov/xFa65 .
29 Haven't spoken to a friend in a while? Give your time and attention. Listen to understand, not to respond.	30 Develop empathy and active listening skills. Schedule ACE-SI training through your local R2 Performance Center. https://go.usa.gov/xFa6N .	 30-DAY CONNECT TO PROTECT CHALLENGE				



ARMY RESILIENCE



SP2
SUICIDE PREVENTION
PROGRAM

**Military
Crisis Line** 
1-800-273-8255 **PRESS 1**

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