



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY TRAINING AND DOCTRINE COMMAND
950 JEFFERSON AVENUE
FORT EUSTIS, VIRGINIA 23604-5700

ATBO-M

10 September 2015

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Suicide Prevention Month - September 2015

1. National Suicide Prevention Week is observed annually during the month of September, this year's theme is "Take Action" – a call to Army leaders to mitigate high-risk behaviors. We must focus on maintaining personal readiness, optimizing performance, developing cohesion, and fostering a climate of trust, dignity, and respect in our organizations. This is a shared responsibility among Army leaders, Soldiers, Civilians, and Family members. It is critical to the prevention of suicides in our Army Family.
2. Over the past 5 years, the Army lost an average of 291 Active Army, Guard, and Reserve Soldiers each year to suicide. Suicide is not just an issue for Soldiers; an average of 25 Army Civilian employees were lost to suicide annually as well. This is a preventable trend that must continue to be addressed at all levels. Senior leaders must be actively involved with unit members and ensure junior leaders know their personnel, are trained to pay attention to potential risk factors, and know how to engage in situations to ensure the safety of others. Leaders must empower others to seek the help needed for safety, well-being, and mission accomplishment.
3. The Army Web site for suicide prevention is www.preventsuicide.army.mil and provides excellent training links and resources. Additionally, the Defense Center of Excellence Web site at <http://www.dcoe.mil> has an expansive supply of information and resources for all areas of psychological health, to include mobile applications for stress management, relaxation/breathing exercises, and mindfulness.
4. In order to prevent suicide, we must interact with and listen to others in a meaningful way, be ready to intervene if needed, provide the support and encouragement to get care, and ensure a culture without stigma for seeking behavioral health services.
5. Victory Starts Here!

A handwritten signature in black ink, appearing to read "Rex A. Spitler".

REX A. SPITLER
Major General, U.S. Army
Deputy Chief of Staff

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(see next page)

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