

Message to the Force on Suicide Prevention Month

September is Suicide Prevention Month and is the launch pad for continual year-long engagement across the Navy.

“Every Sailor, Every Day” emphasizes our commitment to our greatest asset, our Sailors. To remain true to this commitment, all of us must take, and maintain, a proactive and aggressive effort to eliminate suicide from the Force.

The underlying causes of suicide are varied (e.g. personal relationships, finance, new civilian employment, recent deployment, etc.). However, the Navy offers multiple programs and events that offer the opportunity to learn how to recognize suicide-related behaviors, and where to turn for time critical support.

Every Sailor experiences difficult times and stress, but what is so important to remember is that when life begins to overwhelm us, asking for help is a sign of strength! For help, confidential support is available 24/7 through the Military Crisis Line (1-800-273-8255 and Press 1) or online at: <http://veteranscrisisline.net>. At the local level, you can reach out to your Command’s Suicide Prevention Coordinator, Medical staff, Chaplain, or Psychological Health Outreach Program team member.

Remember, our Navy family is always there to help. If a Shipmate seems not to be his or her regular self, talk to them. An act of kindness or simply reaching out can make all the difference. You may also want to speak to someone who knows them well – a unit leader, family member, or friend. They may have noticed a change too, and by working together you can get them the help they need. The important thing is to make time for a Shipmate. Remember, we’re all in this together!

I challenge each and every Reserve Sailor to make a positive difference every day!

R. R. Braun, Vice Admiral, U.S. Navy
Chief of Navy Reserve