

FRONTIER 6 SENDS



“Part of leadership is creating an environment where it’s okay to ask for help—and where it’s our duty to extend a helping hand...This is in keeping with the Army Warrior Ethos to never leave a fallen comrade.”

- GEN Peter Chiarelli, VCSA

**National Suicide Prevention Week is September 5-11.
Army Suicide Prevention Month is September. This year’s theme is: “Shoulder to Shoulder - I Will Never Quit on Life”**

In an era of persistent conflict, the problem of Soldier suicides is of vital concern to our Army. We should always remember that each of these tragedies represent a preventable loss within our ranks, and an irreparable loss to a family.

Suicide prevention starts with leadership. Leaders must always strive to create an environment where Soldiers feel comfortable coming forward to share their concerns. We must continue the Army’s forward momentum in eliminating the stigma attached to Mental Health patients. Only by encouraging and educating our Soldiers that it is okay to “*take a knee*” when they are hurting can we hope to swing the pendulum back in the right direction.

All of us are on the frontline of this issue. Nothing can replace the care and personal involvement we show for each other. Each suicide has a unique set of circumstances that leads an individual to arrive at that fateful decision, but there are many commonalities as well. Collectively, it is up to us to educate ourselves to recognize these commonalities and take corrective action to prevent these tragedies. The stakes are too high to fail our Soldiers and each other in this task.

I challenge you to actively take advantage of the different programs and resources that are available and to learn more about reducing and mitigating the different contributing factors that lead to suicide:

Suicide Prevention Hotline: 1-800-273-TALK

Army Web site: <http://www.armyg1.army.mil/hr/suicide/default.asp>

Local Contacts

- Behavioral Health: 684-6771, after hours 684-6000
- Walk-ins welcome during normal weekday hours
- Garrison Chaplain’s Office: 684-2210
- Family Life Center: 684-8995 (weekdays)

ROBERT L. CASLEN
Lieutenant General, USA
Commanding