

SUICIDE PREVENTION PLEDGE

Together we can make a difference in suicide prevention. Let's promise to #ConnectToProtect by taking the pledge and encouraging others to do the same. The pledge is a promise toward and a plan of action for suicide prevention.

I will:

- Look out for my family, friends, and fellow Service members by checking on them and asking, "Are you okay? How can I help?"
- Understand that asking for help when things get difficult is a sign of strength.
- Secure my firearms and medications and encourage others to do the same.
- Find the people, activities and interests that matter to me in my community and get involved.
- Leverage my faith in uncertain times and speak to a chaplain who will listen with compassion and confidentiality.
- Reject drugs and alcohol as a coping mechanism.
- Reduce stress by taking care of myself with healthy eating, exercising, and getting enough sleep.
- Help someone who is being bullied or harassed.
- Learn about and use the mental health, prevention and crisis resources that are available to me and others.

I pledge to make it my mission to **#ConnectToProtect** for myself and others to help prevent suicide.



Connect to Protect:
Support is Within Reach