



SECRETARY OF DEFENSE
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WASHINGTON, DC 20301-1000

SEP 11 2015

MEMORANDUM FOR THE MEN AND WOMEN OF THE DEPARTMENT OF DEFENSE

SUBJECT: Suicide Prevention Month

September marks the Department's annual observance of Suicide Prevention Month. Every loss due to suicide is tragic, and we recognize that even one suicide is too many. Suicide Prevention Month provides an opportunity for us to demonstrate our collective resolve to combat this preventable problem and promote steps to increase knowledge and foster understanding.

The Department of Defense (DoD) has teamed with the Department of Veterans Affairs to launch the "Power of One" suicide prevention campaign. The campaign stresses that a simple act by a single person can save a life. Building on that, I ask each of you to make a personal commitment to participate in the "Power of One" campaign by taking just one step to help someone you see in need. In 2015 and beyond, embrace the "Power of One" by understanding that taking the time to ask a question or to pick up the phone can make a difference.

If you or someone you know is in crisis, the National Suicide Prevention Lifeline (NSPL) for our civilian workforce, and the Military Crisis Line (MCL) for Service members and their families, provides confidential, toll-free assistance. You can receive around-the-clock help by dialing (800) 273-8255; when prompted, military and their families should press 1. You can also contact both services through an online chat room: NSPL at www.suicidepreventionlifeline.org and MCL at www.militarycrisisline.net. MCL may also be reached via text message to 838255.

Suicide is preventable. No one needs to stand alone in crisis. The battle to prevent suicide depends upon our standing together -- active and reserves, Army, Navy, Air Force, Marines, DoD civilians, and their families.

Thank you, and your families, for all that you do for our country.

A handwritten signature in black ink, reading "Ash Carter", is located in the lower right quadrant of the page.

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September 11, 2015