MEMORANDUM FOR ALL US Army, Pacific Soldiers, Civilians, and Family Members

SUBJECT: Health Promotion and Suicide Prevention Policy Memorandum 14-03

1. Reference AR 600-63, paragraph 1-25(a), Army Health Promotion, 7 May 2007 Rapid Action Revision (RAR) Issue Date: 7 September 2010.

2. Policy. USARPAC units will promote known protective factors against suicide. We are not going to wait for a suicide crisis to develop to get our attention, but instead, we are marching in the other direction to prevent crisis from reaching a lethal level. Commanders and leaders at all levels must foster a positive and caring climate to achieve this goal. Attention on protective factors will shift command attitudes toward optimism and hope as a daily way of life.

3. Actions. Suicide is not a crime to be judged, but a tragedy for all. We will create a climate of openness that fosters trust and respect in our Army Family. USARPAC units will focus on resiliency/CSF2 and mandatory ACE/ACE-SI training and:

   a. Improve Soldier connections. Good “social support” includes battle-buddies, religious or spiritual activities, and Family events critical to staying ahead of crisis. Minimize within unit transitions to strengthen Soldier support networks. Good connections build protection!

   b. Attack stigma directly. Stigma is embedded in language, actions, and attitudes. Correct your formations when Soldiers trivialize suicide as this adds to perpetuating stigma.

   c. Promote prevention resources. National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or confidential contact can be made to the On Call Duty Chaplain, (808) 217-5959. The Army G-1 website at http://www.armyg1.army.mil/hr/suicide/ has numerous updates and initiatives. Utilize the enclosed resiliency paper and localize resources within your areas.

4. This Policy Memorandum supersedes Policy Memorandum 05-09, Suicide Prevention, 22 June 2009 and Policy Memorandum 13-08, Soldier Wellness Action Plan (SWAP), 26 August 2008. This policy will be permanently posted on unit bulletin boards.

5. Point of contact is Wayne A. Hankammer, USARPAC G-1, Suicide Prevention Program Manager, commercial (808) 438-4173 or E-mail wayne.a.hankammer.civ@mail.mil.

One Team!

Encl

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General, USA
Commanding