

CLASSIFICATION: UNCLASSIFIED/
ROUTINE
R 291216Z AUG 25 MID120012022239U
FM SECNAV WASHINGTON DC
TO ALNAV
INFO CMC WASHINGTON DC
CNO WASHINGTON DC
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SUBJ/SUICIDE PREVENTION MONTH//

RMKS/1. September is Suicide Prevention Month. During this observance and throughout the year, the Department of the Navy reinforces our commitment to ensuring the health, safety, and well-being of our Sailors, Marines and their families as a core principle of warfighter readiness.

2. Effective suicide prevention requires a comprehensive, all-hands effort. All Sailors and Marines have access to mental health care, whenever and wherever they need it, as a core component of healthy command climates.

3. Seeking help is a sign of strength and ensures mission preparedness. I encourage every Sailor and Marine to help each other through everyday stressors, while seeking help early and often. Self-care and unit cohesion hinges on the efforts of each Sailor and Marine so we are stronger together and ready for the challenges ahead.

4. I expect leaders at every level to enhance suicide prevention efforts. When we prioritize the needs of our units, we reinforce trust while remaining mission-focused and warfighter-ready. Steadfast, committed leadership combined with ongoing systems of support fully encapsulates our warrior ethos: protecting the health and well-being of our Nation.

5. If you or someone you know is in crisis, resources for mental, physical, emotional and spiritual support are available 24/7, 365.

- a. The National Suicide Hotline: Dial 988.
- b. The Veterans/Military Crisis Line: Dial 988 (press 1) or Text 838255/ <https://www.veteranscrisisline.net/>: +1 844-702-5495 or DSN 988/Southwest Asia: +1 855-422-7719 or DSN 988/Pacific: +1 844-702-5493 or DSN 988.
- c. Psychological Health Outreach Program (PHOP): 1-866- 578-PHOP (7467), for Navy and Marine Reservists and their families.
- d. Military OneSource: 800-342-9647/.
- e. Vet Centers: 877-WAR-VETS (877-927-8387)/ <https://www.militaryonesource.mil/> .
- f. DON Civilian Employee Assistance Program (DONCEAP): 844-DONCEAP (1-844-366-2327)/ TTY: 888-262-7848/ International: 866-829-0270/ <https://www.magellanascent.com/>.
- g. Local resources: Fleet and Family Support Centers, Marine and Family Services, Military Family Life Counselors, Deployment Resiliency Counselors, chaplains, and your leadership.

6. Released by the Honorable John C. Phelan, Secretary of the Navy.//

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