



# Message from LTG Jeffrey Talley



## Regarding the Suicide Prevention Month

September, 2015

Striving to excel in our units and communities while making sure we and our loved ones have what they need to be happy and productive at home, school or work is incredibly rewarding. However, the journey towards these goals — like any worthwhile endeavor — is not without its challenges. A heated argument with a partner or spouse, end of a relationship, loss of friends during a deployment or loss of a job can happen so suddenly, and hurt so badly, that we have no idea if, and when, the pain will end.

September is Army Suicide Prevention Month, an opportunity for the Army Reserve to focus on well-being, resilience, and the positive results possible by reaching out for help. Protecting our nation is a stressful job, one that very few Americans are qualified to hold. Extensive training and deployment as an operational Army Reserve for more than a decade helped to mold us into one of the most resilient armed forces in our nation's history.

That said, even the most dedicated and resilient Soldier will encounter seemingly insurmountable problems that, in time, are resolved. Each of us reacts to stress differently – some jog around the block, others seek guidance from a chaplain or talk to friends and family. No matter who you are, or what problems you are struggling with, hurting yourself is not the answer. Seeking help is a sign of strength and maturity – do not deal with a problem alone.

Just as a deployed Soldier helps his or her “battle buddy” to succeed during combat, the Army Reserve's Fort Family Outreach Support Center (1-866-345-8248) is your “battle buddy” for combating life's difficult moments. We also strongly urge you to use Military OneSource, visit the Army G-1 Suicide Prevention website ([preventsuicide.army.mil](http://preventsuicide.army.mil)) and the many other sources of information and inspiration available to you and your loved ones.

Twice the Citizen, Army Strong!

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