



Email Us: [usarmy.usarc.usarc-hq.list.family-programs@army.mil](mailto:usarmy.usarc.usarc-hq.list.family-programs@army.mil)

Suicide and Crisis Lifeline: 988

Military OneSource: 1-800-342-9647

Safe Helpline, Sexual Assault Support: 1-877-995-5247



## Domestic Violence Awareness Month

A healthy relationship feels like a safe space to communicate your needs without fear of backlash.

**DOMESTIC VIOLENCE AWARENESS MONTH**  
**What's Inside Matters**

U.S. ARMY | [1.800.799.SAFE \(7233\)](https://www.armyresilience.army.mil/DVAM-2025/index.html)

**PAUSE**

Grow into the best you, one choice at a time.

U.S. ARMY | [1.800.799.SAFE \(7233\)](https://www.armyresilience.army.mil/DVAM-2025/index.html)

October is Domestic Violence Awareness Month, a time to raise greater awareness of resources for Soldiers, Family members and Army Civilians who may need support or want to help someone they know. This year, the Army's DVAM awareness and prevention outreach efforts feature two distinct campaigns, "What's Inside Matters," which focuses on victim awareness and connecting to support and "Pause," which speaks to those who are concerned about their own potentially harmful behavior and want help. These campaigns promote healthy relationships that lead to a safe environment and ensure access to domestic abuse prevention resources and support services for all members of the Army community.

<https://www.armyresilience.army.mil/DVAM-2025/index.html>



## October 2025 Observances



Domestic Violence Awareness Month, Emotional Wellness Month, Breast Cancer Awareness Month, Halloween Safety Month, National Cybersecurity Awareness Month

10/13 U.S. Navy Birthday  
10/26 Day of the Deployed  
10/31 Halloween

### Happy Halloween

Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain (pronounced sow-in), when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o'-lanterns, festive gatherings, donning costumes and eating treats.

## Yellow Ribbon Reintegration Program

EVENTS

Register here:  
<https://www.yellowribbon.mil/>

## Cybersecurity Awareness Month

BUILDING A CYBER STRONG AMERICA

CYBERSECURITY AWARENESS MONTH

October is Cybersecurity Awareness Month! This year's theme is Building a Cyber Strong America, highlighting the need to strengthen the country's infrastructure against cyber threats, ensuring resilience and security. Cyber threats don't take time off. As the federal lead for Cybersecurity Awareness Month and the nation's cyber defense agency, the Cybersecurity and Infrastructure Security Agency, or CISA, urges all U.S. small and medium businesses and state, local, tribal, and territorial governments to take one action today to improve their cybersecurity.

<https://www.cisa.gov/>

