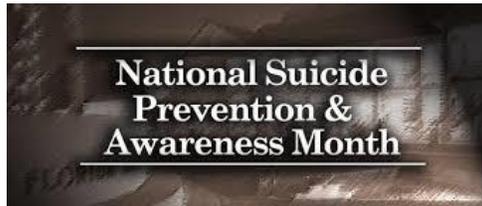




Memorandum

To: Illinois National Guard – All Soldiers
From: Brandi Young, Suicide Prevention Program Manager
Date: September 1, 2015
Re: September 2015 – Suicide Prevention and Awareness Month



Greetings!

September is Suicide Prevention and Awareness month and September 10, 2015 is World Suicide Prevention Day. This year, as the new Suicide Prevention Program Manager, I would like to personally invite each and every soldier and family member to participate in the suicide prevention initiative! There are several ways for one to participate and show support for Suicide Prevention and Awareness.

1. The American Foundation for Suicide Prevention is sponsoring Out of the Darkness Walks all over the country during the months of September and October. You will find a flyer with all of the Illinois Walk locations attached. There is no cost and no registration fee for these walks though you may choose to raise funds for the cause. You can walk as an individual, create your own teams, or join the team already in place - TEAM S.O.S.
2. The Suicide Prevention Program will be setting up informational tables at Camp Lincoln in the Family Member and Soldier Services Building (BLDG 10), the training center and the cafeteria. These tables will include prevention and awareness materials.



3. Choose to challenge yourself by:

- a. Download the free MY3 app for android/iphone. This app was developed by the National Suicide Prevention Lifeline and can assist one in developing a network and safe plan in the event that you, a friend, a loved one, or a co-worker might require assistance.
- b. Follow this link <http://www.sprc.org/sites/sprc.org/files/SafetyPlanTemplate.pdf> and become familiar with the Safety Plan template and learn how to put one in place for yourself or another individual.
- c. Sign-up and attend an  workshop by September of 2016.



4. Wear a Suicide Prevention and Awareness ribbon (if your situation allows)! The official ribbon for suicide prevention and awareness is teal and purple! A limited amount of ribbons will be available on information tables and in the SPPM's office, Building 10, Room 117.



5. The Suicide Prevention Program will also be sharing informational posts, videos, and photos on the Illinois National Guard Facebook page (www.facebook.com/illinoisnationalguard) during the month of September! Visit, like, and comment to show your support!



Suicide prevention and awareness is every soldier's responsibility! Each one of us can make a difference in the lives of those individuals facing suicidal ideations and/or behaviors. Show your commitment to the program by educating yourself and others, promoting awareness, and supporting the suicide prevention initiative! Thank you for your participation!

Very Respectfully,

Brandi Young, Suicide Prevention Program manager

IL National Guard, Contractor/ASM Research, Inc.

Out of the DARKNESSSM

COMMUNITY WALKS

American Foundation for Suicide Prevention

Find a walk near you!

- 09/13/2015 [LaSalle County Walk, Baker Lake Pk, Shelter 8 - Peru, IL](#)
- 09/19/2015 [Kankakee Co Walk, Kankakee Community College Pavilion - Kankakee, IL](#)
- 09/26/2015 [Chicagoland Out of the Darkness Walk, Arvey Field - Grant Park - Chicago, IL](#)
- 09/26/2015 [Effingham Co. Community Walk, Technology Park - \(West entrance of Patterson\) Effingham, IL](#)
- 09/26/2015 [West Central IL Community Walk, Lake Storey Park, Shelter #1 - Galesburg, IL](#)
- 09/27/2015 [Madison County Walk, The Gardens of SIUE, Arboretum Lane - Edwardsville, IL](#)
- 10/10/2015 [Vandalia Community Walk, Rogier Park - Vandalia, IL](#)
- 10/10/2015 [Bloomington/Normal Community Walk, Tipton Park N, 2201 Stone Mountain Blvd - Bloomington, IL](#)
- 10/10/2015 [Northwestern Illinois Community Walk, Krape Park, Shelter at Amphitheater - Freeport, IL](#)
- 10/10/2015 [Sauk Valley Community Walk, Sinnissippi Park - Sterling, IL](#)
- 10/10/2015 [Champaign/Urbana Community Walk, Crystal Lake Pk, Large Pavilion - 206 W Park St, Champaign, IL](#)
- 10/17/2015 [St. Clair County Community Walk, Bellevue Park - Belleville, IL](#)
- 10/17/2015 [Jefferson Co. Community Walk, Veterans Park West Shelter - Mt. Vernon, IL](#)
- 10/17/2015 [DeKalb County Community Walk, Band Shell, Hopkins Park - Dekalb, IL](#)
- 10/17/2015 [Quad Cities Community Walk, Quad City Botanical Center - Rock Island, IL](#)
- 10/17/2015 [Springfield IL Community Walk, Hope Pavilion at Southwind Park - Springfield, IL](#)
- 10/18/2015 [Quincy Community Walk, South Park - Quincy, IL](#)
- 10/18/2015 [Rockford Community Walk, Anderson Gardens, 318 Spring Creek Rd - Rockford, IL](#)



**American Foundation for Suicide
Prevention, Illinois Chapter**

**FREE Registration !
Walk as an individual or
create/join a team!**

**Walk to raise awareness
for soldier suicide
prevention!**

**Find an event near you
and register at
[www.afsp.org/out-
of-the-darkness-
walks](http://www.afsp.org/out-of-the-darkness-walks)**

**Show your support for the
loved ones of suicide
victims.**

Questions?

Contact

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