



**National Suicide Prevention Week, World Suicide Prevention Day  
and Army Suicide Awareness Month 2014**

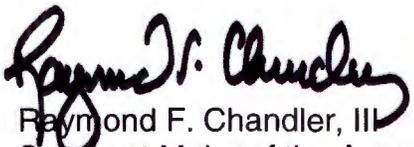
*Enhancing Resiliency – Strengthening Our Professionals*

Our Soldiers, Civilians and Families remain our strength, demonstrating unparalleled skill and professionalism as they support our great Army and defend our Nation. While our commitment to them extends year-round, we call special attention to our ongoing efforts to build individual resiliency skills during the Army's observance of Suicide Awareness Month. This year's theme, "Enhancing Resiliency – Strengthening Our Professionals," reinforces our pledge to not only build resilience, but to support those in need - enhancing performance, increasing readiness and building a stronger force.

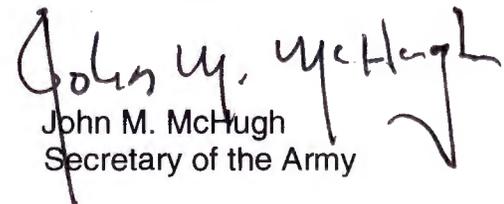
We are committed to reducing the number of suicides in our ranks and believe that our Ready and Resilient Campaign is effectively providing Soldiers and leaders important tools in that mission. We challenge every member of the Total Army Family to seek training opportunities, use available services and resources and continue to develop skills which build personal resilience and lead to positive outcomes during periods of increased stress.

This September, in support of the Ready and Resilient Campaign, leaders across the Army should assess their units and engage in events and training to foster a climate of trust that supports help-seeking behaviors. Leaders must set the conditions for enduring culture change in our profession by being interveners instead of bystanders and by living the Army Values daily. Additionally, leaders must bolster resiliency through education and through training and awareness activities. These include training in Comprehensive Soldier and Family Fitness, prevention of sexual harassment and assault, suicide prevention, assessments and intervention techniques and activities that support stigma reduction.

We have an immense opportunity and responsibility to shape the Army of the future. Our Army is already strong, and by working together, we can be even stronger. We will continue to strengthen our profession by holding ourselves and each other accountable and by empowering those around us to build a culture of resilience. Army Strong!

  
Raymond F. Chandler, III  
Sergeant Major of the Army

  
Raymond T. Odierno  
General, United States Army  
Chief of Staff

  
John M. McHugh  
Secretary of the Army