

SEPTEMBER 2025 SUICIDE PREVENTION AWARENESS MONTH

Connectedness
Saves lives:
Every Coast Guard man
and woman, Every Day

"Suicide prevention is not a one-month campaign, it's a year-round mission. September provides an opportunity to enhance unit culture, break stigma, and empower personnel at all levels to take action."

CDR LAMAR HENDERSON, LCSW

U.S. Coast Guard Suicide Prevention Program Manager

[HTTPS://WWW.DCMS.USCG.MIL/OUR-ORGANIZATION/ASSISTANT-COMMANDANT-FOR-HUMAN-RESOURCES-CG-1/HEALTH-SAFETY-AND-WORK-LIFE-CG-11/OFFICE-OF-WORK-LIFE-CG-111/SUICIDE-PREVENTION-PROGRAM/](https://www.dcms.uscg.mil/our-organization/assistant-commandant-for-human-resources-cg-1/health-safety-and-work-life-cg-11/office-of-work-life-cg-111/suicide-prevention-program/)

WEEKLY THEMES

SEPT 1-7	AWARENESS AND VISIBILITY
SEP 8-14	EDUCATION AND TRAINING
SEP 15-21	UNIT CONNECTION AND PEER SUPPORT
SEP 22-30	UNIT CONNECTION AND PEER SUPPORT

**SEPT 10, 2025
11 AM EST**

SUICIDE PREVENTION TOOLKIT

Join program staff on a teams call as they guide you through how to utilize the prevention toolkit.

**SEPT 17, 2025
11 AM EST**

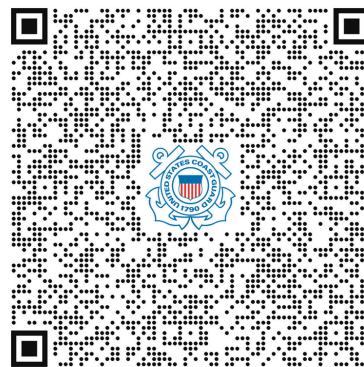
SUICIDE LEARNING REVIEW

Attend Microsoft Teams Presentation on the results of the Suicide Learning Review

**SEPT 24, 2025
11 AM EST**

SUICIDE POSTVENTION TOOLKIT

Join program staff on a teams call as they guide you through how to utilize the prevention toolkit.



From the Coffee with the "Shipmate Challenge" to wellness events and links to learning opportunities, find out more about the U.S. Coast Guard Suicide Prevention Program and all the Suicide Prevention Awareness Month Activities [here](#).