



# NEWS RELEASE



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Release Number: 016-16  
Aug, 30, 2016

FOR IMMEDIATE RELEASE

## **Suicide Prevention Month Proclamation signed by Admiral Jackson**

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JACKSONVILLE, Fla. – Commander Navy Region Southeast Rear Adm. Mary Jackson signed a proclamation Aug. 30 recognizing September as National Suicide Awareness Month.

This year's theme, "Be There," hopes to inspire everyone to be aware personally about suicide prevention. Annual Navy suicide case reviews consistently find that a majority of Sailors who die by suicide experienced a loss of connectedness with peers, shipmates or family members. Service members encounter stressful situations at work and at home that could possibly contribute to an individual contemplating suicide as well.

The best way to combat suicide is prevention. How can you do that as an individual? The Navy's 21<sup>st</sup> Century Sailor Office is challenging everyone to commit #OneSmallAct in helping to prevent suicide. One way to commit a small act is to incorporate the Navy's bystander intervention model of Ask, Care, Treat (ACT).

**-more-**

## Suicide Prevention

Navy Region Southeast is dedicated to suicide prevention, and is asking everyone to go to the Navy Region Southeast social media sites and let us know how you are helping to prevent suicide. Let us know what your one small act is, or give suggestions on how to “Be There” for others. You can find Navy Region Southeast at: [www.facebook.com/navyregionse](http://www.facebook.com/navyregionse)  
[https://twitter.com/Navy\\_Region\\_SE](https://twitter.com/Navy_Region_SE) [https://www.instagram.com/navy\\_region\\_se/](https://www.instagram.com/navy_region_se/)

How will you #BeThere #OneSmallAct for your Sailor?

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160830-N-PP197-013

JACKSONVILLE, Fla. (August 30, 2016) – Rear Adm. Mary M. Jackson, surrounded by personnel from Navy Region Southeast Fleet and Family Support department, signs the Suicide Prevention Month Proclamation Aug. 30 on board NAS Jacksonville. The proclamation designates September as Suicide Prevention Month and is intended to raise suicide prevention awareness throughout the Southeast Region. (U.S. Navy photo by Mass Communication Specialist 1<sup>st</sup> Class Stacy D. Laseter/Released)