



# ARMY RESILIENCE DIRECTORATE



**SP2**  
SUICIDE PREVENTION  
PROGRAM

# ARMY SUICIDE PREVENTION PROGRAM

## FACTSHEET

### What is it?

The Army Suicide Prevention Program (SP2) improves the readiness of the Army through the development and enhancement of suicide prevention initiatives, policies, training, data collection and analysis, and strategic communications and partnerships.

### Goal

The Army Suicide Prevention Program aims to prevent suicides by building a culture of resilience, help-seeking behavior, and intervention.

- In support of this goal, the Army is enhancing personal readiness and increasing deployability by focusing on strengthening Soldiers, increasing Commanders' and Leaders' visibility of risk factors, improving leader engagement, and instilling a culture of trust to ensure successful service. Leaders' understanding of the factors influencing Soldier suicides is critical to early identification, prevention, and intervention.

### Top Stressors Involved in Army Suicides

- Financial Issues/Debt
- Mental/Behavioral Health
- Relationship/Family conflict
- Substance Abuse

### The Pillars and Processes of Suicide Prevention

Suicide prevention is dependent upon the existence of a culture that fosters trust, caring, and engaged individuals focused on early intervention as opposed to crisis management alone. It requires a strong collaborative team. Suicide prevention will include the following activities:

1. Enhance life skills and resilience.
2. Increase visibility of readiness with assessment tools to identify and assist persons at risk, i.e., Commanders Risk Reduction Toolkit (CRRT).
3. Ensure access to effective behavioral health care and treatment.
4. Support command integration of resources that mitigate risk factors and high-risk behaviors in order to minimize gaps in information and services, i.e., Command and Installation governance forums like the Command Ready and Resilient Council (CR2C).
5. Improve communication, counseling and Soldier to Soldier connection (bystander intervention).
6. Encourage help-seeking behavior to reduce stigma and negative perceptions of limited career opportunities.
7. Reduction of lethal means (to include medications, weapons, etc.).
8. Provide immediate response and postvention support.

**THIS IS OUR ARMY.**

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[www.armyresilience.army.mil](http://www.armyresilience.army.mil)

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### SUICIDE IN THE ARMY

#### Full CY Counts 2015-2020 as of Dec. 31, 2020

Category	CY 2015	CY 2016	CY 2017	CY 2018	CY 2019	CY 2020
Regular Army (RA)	120	130	116	141	146	174
Army National Guard (ARNG)	104	108	121	119	76	104
US Army Reserve (USAR)	55	41	63	48	37	42
All Soldiers	279	279	300	308	259	320
All Soldiers (Rate/100K)	27.0	27.5	29.9	31.1	26.1	32.0
Regular Army (Rate/100K)	24.6	27.6	24.9	30.2	31.0	36.5
ARNG (Rate/100K)	29.8	31.3	35.5	35.6	22.9	31.2
USAR (Rate/100K)	27.7	20.6	32.1	25.3	19.4	22.1
DA Civilians	22	32	26	24	14	19

- ARNG and USAR counts above include both Active Duty (AD) and Not on Active Duty (NAD).
- Counts above include suspected suicides that are pending final determination as to the manner of death.

### GET HELP

#### Military Crisis Line

- <https://www.veteranscrisisline.net/get-help/military-crisis-line>
- 1-800-273-TALK (8255), Press 1

#### National Suicide Prevention Lifeline

- <https://suicidepreventionlifeline.org/>
- 1-800-273-TALK (8255)