

DELAWARE NATIONAL GUARD

September is Suicide Prevention Month



CONNECT TO PROTECT

#BeThere

Our "Connect to Protect: Support is within Reach" slogan highlights the important role connections to family friends, the community, and resources can play in preventing suicide. Research indicates connectedness is a protective factor that can reduce the risk of suicide, while loneliness and feeling like a burden can be suicide risk factors for some individuals. Make it Your Mission to #BeThere, as everyone – leaders, Service members, and families – can play an active role in preventing suicide.

Join the DNG-J9 Intervention Services Team for our 1st annual SUICIDE PREVENTION AWARENESS DAY & WALK to bring awareness to suicide. Stroll, run, walk or push the kid's stroller – and take the one mile walk to show your support in our DNG community that HELP is always available and those who may be suffering are not alone! By joining in, we demonstrate that we all support seeking help for mental health, when one needs it. The Walk includes various Station Stops that will help us all raise our awareness on suicide prevention and remembrance.

SUICIDE PREVENTION AWARENESS DAY & WALK

SUNDAY, SEP 19, 2021

1100-1400 hours * Glasgow Park, Pavilion 5

2275 Pulaski Hwy, Newark, DE 19702

PRIZES * MUSIC * WALK * GIVEAWAYS * PETS * TREATS * ACTIVITIES * REFLECTION



Walk for Awareness. Walk for Prevention. Walk to Remember.

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



PRIZE ENTRY for \$100 Wawa Card for all who PRE-REGISTER.

Prize courtesy of Dover Federal Credit Union.

One entry for each adult 18+ who pre-registers by Sep 15th. Winner will be selected by random draw at the event kickoff. Must be present to Win.

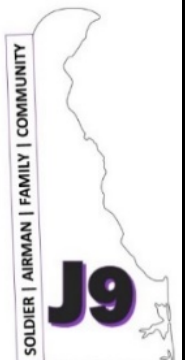
REGISTER → <https://www.signupgenius.com/go/409094DA8AA29A3FF2-suicide>

You may need to register on a non-government device



The event is no cost and open to all current and retired DNG Soldiers, Airmen, Families and Youth. In the event of inclement weather, we will post alternate plans to DNG social media and email all those pre-registered!

The DNG-J9 event is put on with the support of our Community Partners



For questions, please contact:

ARMY POC	AIR POC
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