



DEPARTMENT OF THE ARMY
THE JUDGE ADVOCATE GENERAL'S LEGAL CENTER AND SCHOOL
600 MASSIE ROAD
CHARLOTTESVILLE VA 22903-1781


ALCS-ZA

2 September 2021

MEMORANDUM FOR TJAGLCS Personnel

SUBJECT: Policy Memorandum #7 – Health Promotion, Risk Reduction, and Suicide Prevention

1. References. DA PAM 600-24, 14 April 2015; AR 600-63, 14 April 2015.
2. The readiness of our Army is paramount in our ability to fight and win on the battlefield. Sustaining the health and well-being of our Service members, Family members, and Department of the Army (DA) Civilians is a responsibility of Army leaders and personnel at all levels. Promoting healthy lifestyle choices like regular exercise and balanced diet, reducing risk-seeking behavior, and preventing suicide are priorities of this Command.
3. Mental health is as important as physical health. All commanders, leaders, supervisors, Service members, and DA Civilians are responsible for creating an environment that encourages seeking help for behavioral health issues. On a daily basis, it is incumbent on all of us to be aware of and recognize when someone may be at risk, and to be empowered to take appropriate actions to save lives. Each of us is responsible for eliminating policies, procedures, and actions that inadvertently discriminate, punish, or discourage TJAGLCS personnel from seeking the help they need.
4. Personnel are encouraged to access help available to them. Moreover, leaders will utilize an extraordinary degree of discretion when identifying and sharing information regarding Service members and DA Civilian personnel seeking help.
5. There are numerous resources available for those in need of help. Within TJAGLCS, the Chaplain, fellow colleagues, and the Chain of Command are available resources. Additionally, the National Suicide Prevention Lifeline may be reached at 800-273-TALK/8255; the Military Crisis Line can be reached by pressing "1."
6. The point of contact for this policy is TJAGLCS Chaplain at 434-971-3174.


ALISON C. MARTIN
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Commanding