1. Theme: Educate the Army Population
   - We’re obligated to teach one another; some may not know “how” to seek the answer they need.
     
   - It’s OK to ask for help!
   - As we mitigate suicides and identify high-risk behaviors, reemphasize the Army’s strategic approach; it can only help to build cohesive units, healthy lifestyles, and reduce risk-seeking behavior.

2. Theme: Soldier’s can/do hide their Problems
   - Be cognizant of high-risk behavior.
   - As a Leader you might “know” your Soldier…but sometimes not well enough.
   - Candid assessments are necessary.
   - Sit down with your Soldier, encourage that dialogue about their lives.

3. Theme: “Unobstructed” Communication
   - Keep communication open.
   - Despite known and/or unknown challenges - continue to communicate.
   - Communication is needed in order to understand impacts on a Soldier’s life
   - Issues prior to the military? Open communication might help with the answers.
   - Successful Leaders encourage a rapid flow of information.
4. Theme: VCSA Guidance

- Leaders do what good leaders do…take a look at self.
- We must do a better job of knowing what our people are doing.
- Folks do not want to die; they just no longer want to live.
- Good leadership includes knowing your leaders.
- Systems can fail!
- Suicide is tough; but not unsolvable.
- Leaders get out front and do what good leaders do.