



# IDNG J9 - SERVICE MEMBER & FAMILY SUPPORT NEWSLETTER

## SEPTEMBER 2024



Idaho National Guard J9  
1-800-479-7006

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Boise, ID 83705

Visit us online at:

<https://imd.idaho.gov/family-programs/>

### A message from your IDNG Suicide Prevention Coordinator

As the seasons change, we enter Suicide Prevention and Recovery Month, observed in September. Everyone has a part to play in suicide prevention and promoting recovery through the building of strong communities, recognition of at-risk behaviors, and connecting with those in distress.

Trust your instincts and talk to those you think may be going through a difficult time. ASK directly and nonjudgmentally about suicide and let them know that you are there to help.

**CARE** for the person by listening and assuring them that immediate and long-term help is available. **ESCORT** them to a safe place where they can get professional help. Do not leave a person in crisis alone. Authentic connections help prevent suicide and September can be a great reminder to deepen those relationships already in your life.

As you are talking with someone who is going through a hard time, or you yourself, are facing challenges, remember that recovery is real and possible. If you or someone you know wants support in the process of recovery, there are many resources in the J9 here to help. Recovery is the process of improving health and wellness, living a self-directed life, and striving to reach full potential. The process of recovery is holistic and occurs through many pathways. There are varying resources available to you and your family that can help you create the foundation of recovery. To explore the J9 resources available, visit the Resources of Care Booklet at <https://www.imd.idaho.gov/idaho-national-guard/family-programs/>.

### HELP TO IMPROVE THE CLIMATE WITHIN YOUR OWN UNIT & ORGANIZATION



#### LOOK FOR DEOCs IN YOUR EMAIL

<https://surveysdrc.com/deocs>

VISIT OUR WEBSITE & DOWNLOAD OUR RESOURCES OF CARE

Stay up-to-date with events and opportunities by following us on social media



<https://www.imd.idaho.gov/idaho-national-guard/family-programs/>

### SEPTEMBER UPCOMING EVENTS

- **12th** - Gowen Food Box Giveaway / Joining Forces Meeting (Gowen) / North Idaho Retiree & Veteran Outreach Social
- **13th** - 25th Army Battle of the Bands (Boise)
- **14th** - Freedom Fest (Burley)
- **18th** - Retiree Social (Gowen)
- **28th** - Retiree Appreciation Day/Ball (Gowen)

### OCTOBER UPCOMING EVENTS

- **6th** - 1-183rd Fall Festival
- **10th** - Gowen Food Box Giveaway / Joining Forces Meeting (Gowen) / North Idaho Retiree & Veteran Outreach Social
- **16th** - Retiree Social (Gowen)
- **18th** - Post Falls Fall Festival
- **25th** - Gowen Field Trunk or Treat / Idaho Falls & Pocatello Fall Festival
- **26th** - Lewiston Fall Festival

Visit our events calendar for more information:

<https://www.imd.idaho.gov/events/>



## CRISIS Prevention



In the event of a critical emergency, **call 911**

For Suicide Crisis Line Call **988**

### For Non-Emergencies

Sexual Assault 24/7 Help Line: **208-447-6166**

Behavioral Health and Wellness Case Manager:

**208-272-8802**

Behavioral Health and Wellness Hotline:

**208-272-TALK (8255)**

Director of Psychological Health (Army): **208-272-3786**

Director of Psychological Health (Air): **208-422-5313**

Chaplain: **208-272-4311**

Don't see a resource here that you need?

**1-800-479-7006**

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