



REPLY TO
ATTENTION OF

TEXAS MILITARY FORCES

Joint Force Headquarters
Adjutant General's Department
Post Office Box 5218
Austin, Texas 78763-5218
512-782-5001

Dear Family Member,

September 24, 2012

In October, November and December, the TXARNG is participating in an Army-wide "Suicide Prevention Stand-down," and I would appreciate your participation as Family Members, in these unit-based events.

As strong as we are together, there are some Soldiers who are hurting, not coping well and facing life issues that may seem overwhelming. Spouses, parents and Family members are often the first to notice your Soldier's struggles; therefore, this message is intended for you. I ask you to "give us a chance" to assist when you see changes in your Soldier. The TXARNG has an extraordinary network of military and civilian agencies and resources to help -- and we care! We will do our best to keep your situations private and minimize any effect on your Soldier's current positions and careers. Obviously, the one exception is, during an emergency, if your Service Member is threatening their life or the life of others. In that case, we have to act and get help. There may be temporary measures, generally through a medical "profile" that may limit duties until the Soldier is ready to return to full duty. Our Joint Family Support Services and Texas Medical Command teams will work with you and your Soldier to make sure they are receiving the best care the Army and Texas military and civilian organizations can provide.

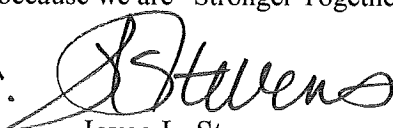
As I mentioned, beginning in October, the TXARNG commanders will lead meetings and events that focus on suicide awareness, prevention and response training and will highlight available resources. I encourage each of you to attend these training sessions.

You can access assistance at any time by contacting the following numbers:

Chaplain: 866-822-7685, option 8
Military Crisis Line: 800-273-TALK (8255)
Behavioral Health Assistance: 512-426-4880
Suicide Prevention Office: 512-786-1180 / 512-769-1090
Family Assistance in English: 800-252-8032
Family Assistance in Spanish: 888-443-2124

You never know when you might need assistance, so I encourage you to identify and write down your unit's Commander, Readiness NCO and Battalion Chaplain. Keep the contact information at hand (enter it in your cell phone), in case of emergency situations. I also encourage you to use social media to stay connected. Please "Like me" on FaceBook <http://www.facebook.com/pages/Major-General-Joyce-Stevens/145055802212688> and follow me on Twitter - @MGJoyceStevens.

One of the toughest jobs in the Army is being the Family member of a Soldier. It is with your support, sacrifice and love, that your Soldiers keep Texas and the United States safe and strong. Thank you. Your care and concern means the world to me and every member of our National Guard Family. I encourage you and your Soldier to be strong enough to ask for help -- because we are "Stronger Together - "Texas Strong!"


Joyce L. Stevens
Major General, TXARNG
Commander, Texas Army National Guard
Assistant Adjutant General, Army

*Please
participate in the
stand-down events
and give us a
chance to help!*