



30 SEP 2025
FM: CHDIRAUX
TO: ALAUX
ALAUX 038/25

Subj: SUICIDE PREVENTION AWARENESS AND RESOURCES

1. Please review [ALCOAST 368/25](#): “Suicide Prevention Awareness Month – “Connectedness Saves Lives: Every Coast Guard Man and Woman, Every Day.” This ALCOAST highlights the wide range of resources available to the Coast Guard workforce, including the Auxiliary, to support suicide prevention, intervention, and postvention efforts.
2. While September is recognized as National Suicide Prevention Awareness Month, it is critical to remain vigilant year-round. Be attentive to shipmates who may be experiencing thoughts of suicide. Learn to recognize warning signs, foster open conversations about mental health, and connect those in need to appropriate resources. Suicide impacts entire communities, and Auxiliarists are uniquely positioned to support each other and Coast Guard personnel. Let’s continue to raise awareness, build connections, promote hope, and normalize seeking help. Take care of yourself and your shipmates as part of the Coast Guard family.
3. I strongly encourage all Auxiliary members to become suicide-alert in their communities. If your Coast Guard unit or District Training offers LivingWorks [safeTALK](#) training, I urge you to participate. This training will teach you how to recognize warning signs, engage in empathetic conversations, and connect individuals to care. If you have already completed safeTALK, consider advancing your skills by attending the [ASIST](#) (Applied Suicide Intervention Skills Training) course. ASIST provides tools for delivering suicide first-aid and de-escalating critical situations. Both programs are invaluable for building life-saving skills and fostering mental health awareness.
4. Thank you for your commitment to supporting the well-being of the Coast Guard community. Together, we can make a difference.

5. Internet release is authorized.

***For many reasons including the value of II. *Ping communication lines clear and open as well as facilitating access to training and educational tools, all Auxiliarists are urged to have their own email address and to keep it updated in AUXDATA II. ***

*All ALAUX's are posted on the Chief Director of Auxiliary website located at: [CHDIRAUX
ALAUX](#)

If you have a question regarding this ALAUX, please seek resolution within your Chain of Leadership and Management (COLM) including up to your servicing District Director of Auxiliary (DIRAUX). If your question still cannot be resolved after that, then please email CGAUX@uscg.mil.