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MILITARY SPOUSES OF STRENGTH KICKS OFF YOU MATTER CAMPAIGN DURING SUICIDE PREVENTION MONTH

Military Spouses of Strength needs your support in raising suicide prevention awareness through a national social media campaign called #YouMatter!

Jackson, Michigan – This year Military Spouses of Strength continues their efforts to raise awareness of suicide and mental health issues while letting everyone know You Matter. It's no secret that after 14 years of war and sacrifice, service members, military spouses, and military children face unusual struggles that they battle, often silently. Military Spouses of Strength is proud to announce the ongoing efforts of the #YouMatter campaign through the end of September which coincides with National Suicide Awareness and Prevention Month.

It is no secret that approximately 22 veterans commit suicide per day; yet, that number is unknown for both the military spouse and the military child. This is unacceptable. Military Spouses of Strength (MSoS) is asking everyone to become a supporter of September's You Matter campaign.

Most of us know someone who is dealing with a mental health issue, making the person more susceptible to suicide and suicidal ideations; naturally, knowing someone that has dealt directly with mental health related issues increases one's likelihood of becoming involved in National Suicide Awareness and Prevention Month.

You don't have to be a member of the military community to care about those within it, and you certainly don't have to be afflicted with mental health issues in order to care about those who are.

Military Spouses of Strength is asking everyone to visit the website for details and help spread the word within your own social media communities!

To learn more about Military Spouses of Strength, please visit <http://www.milspousesofstrength.org/> and/or this topic, please contact Tiffany Bodge at (907) 347-8022 or email at bodge.t@milspousesofstrength.org.

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