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MEDIA ALERT

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Statement by Arkansas' Adjutant General, Maj. Gen. Kendall Penn ~ Concerning recent suicides in the Arkansas National Guard

"The Arkansas National Guard grieves with the families and loved ones of the two Soldiers who are no longer with us. The Guard is like one big family. We tend to serve together for long periods of time throughout our careers. We have great resources in place, and we encourage our Guardsmen to use them. We tell our Soldiers and Airmen that it's a sign of strength to reach out for help, not a sign of weakness. Organizationally, we are working hard to set the conditions so that our Soldiers and Airmen address any challenges they're facing much earlier, much sooner, so that suicide doesn't become an option."

Resources include:

Veterans Crisis Hotline: 1-800-273-8255 or online at www.veteranscrisishotline.net

Be there: Worldwide 24/7 confidential peer support: 1-844-357-7337 or online at <https://www.betherepeersupport.org/>

Real Warriors Program from DCoE: 1-866-966-1020 or online at realwarriors.net

Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention. Website: www.sprc.org

Give an Hour is a non-profit organization providing free mental health services to U.S. service members, providers, veterans, and families affected by the conflicts in Iraq and Afghanistan. It involves mental health professionals nationwide to donate an hour of their time each week to provide free mental health services to military personnel and their families. Website: www.giveanhour.org

In-house, we have Military Chaplains and Military Mental Health Professionals who are available to counsel our Soldiers and Airmen.