

September is Mental Health and Suicide Prevention Month



Suicide presents a global public health burden and is a preventable cause of morbidity and mortality. It is the tenth leading cause of death in the United States, the second leading cause of death among 25-34 year olds, and the third leading cause of death among those ages 15-24. As such, the Navy and Marine Corps Public Health Center (NMCPHC) is joining the Department of the Navy in recognizing September as Suicide Prevention Month. The 2014 theme for this observance is "Every Sailor, Every Day." Every day, each of us has the opportunity to encourage and support Sailors and Marines and those we lead in navigating life's challenges.

Suicide prevention aims to reduce the risk factors associated with suicide, increase the protective factors that can help reduce risk of suicide, and promote and build resilience among Sailors and Marines. Our efforts are designed to assist with fostering an environment free from the fear and

NMCPHC HPW Announces The All-Partner Virtual Town Hall

In October, NMCPHC's Health Promotion and Wellness (HPW) Department will host a virtual All-Partner Town Hall, designed to help us understand what we can do better to support our partners in promoting health and wellness. The virtual Town Hall will bring together HPW partners to discuss how partners use or would like to use HPW resources, address additional information/resources they would like to receive from HPW, and share ideas for future engagement and collaboration.

The event will last approximately one hour.

Agenda:

- 1200-1220: Partner presentations
 - How two of HPW's partners currently collaborate with HPW to support their program goals. Presentations by the 21st Century Sailor and Marine Office – Suicide Prevention Program (OPNAV N171) and the Navy Alcohol and Drug Abuse Prevention (OPNAV N170A)
- 1220-1255: Open discussions
 - How other partners use or would like to use HPW materials and resources
 - Suggestions for new HPW materials, resources and engagement
 - Ideas for collaboration on upcoming health observance months
 - What else would you like HPW to do to support our partnerships?
- 1255-1300: Wrap-up

Please RSVP to [Kristina MacKenzie](#) and [Erin Healy](#) prior to the event.





stigma that can be associated with reaching out for help and to encourage help seeking behavior.

Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of September. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

Factsheet: Suicide Risk Factors

Knowledge about the risk factors for suicide can assist with, identification of individuals at risk, suicide prevention, and early intervention, and can save lives. [Click here](#) to learn about behavioral and psychological risk factors often associated with suicidal behavior.

Factsheet: Acute Suicide Warning Signs

The mnemonic, IS PATH WARM, was developed to identify individuals who may be at acute risk for suicide. [Click here](#) to learn how to identify if a person needs immediate help.

Poster: Every Sailor, Every Day

Every day, each of us has the opportunity to encourage and support fellow Sailors and Marines. [Click here](#) for resources and information about supporting services.

Infographic: Suicide At A Glance

Do you want to present information about suicide in a format that is easy to understand? [Click here](#) for our infographic with the suicide facts, risk factors, warning signs, resources, and support services.

Blog: Enhancing Resilience and Recovery of Reservists

Studies indicate that Reserve and National Guard members may be at greater risk for developing psychological health conditions than their active duty counterparts. [Click here](#) to learn how we can bridge the gap.

Additional HPW Resources

Check out our additional resources! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Campaign Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help keep your service members fit for duty and improve overall health, please visit our [September Health Promotion Toolbox](#).





Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)! Facebook and Twitter Messages for you to post:

Social media message 1:



If you're a service member in crisis or know a service member in crisis, call the Military Crisis Line for support at 1-800-273-8255 and Press 1. #MentalHealthMatters <http://bit.ly/1tz9tPt>

Social media message 2:



Visit the Navy Leader's Guide to help your service members navigate stress. #MentalHealthMatters <http://go.usa.gov/ysdA>

Social media message 3:



In transition and not sure where to turn? Visit your Fleet and Family Support Center or call Military OneSource or the Military Crisis Line. <http://go.usa.gov/yHZ3>

Social media message 4:



Did you know that your mental health can affect your physical health? Check out this interactive Mind/Body tool to learn more! #MentalHealthMatters <http://bit.ly/1pTRLVh>

Social media message 5:



Looking for materials to support the Psychological and Emotional Well-being of your Marines? We have resources that can help! #MentalHealthMatters <http://go.usa.gov/yHZ9>

Social media message 6:



@Real Warriors offers many resources that can help you with the unique challenges of military life and deployment. <http://bit.ly/1lMe2n5>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).



Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

Date	Webinar Title	Time
September 15, 2014	Connecting the Dots: New and Updated Resources for Tailored Suicide Prevention Efforts	1200-1300 ET
TBD	All-Partner Virtual Town Hall	1200-1300 ET

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.

Partner News

Suicide awareness and prevention requires an all hands on deck approach. That is why we partner with other departments across the Navy to support Sailors and Marines.

OPNAV N171: Pledge –“ I Pledge To ACT (Ask, Care, Treat)”

Preventing suicide involves active communication with each other. Sailors are asked to break the code of silence and ACT (Ask, Care, Treat) if they notice things seem out of the norm for their shipmates, possibly indicating signs of distress. [Click here](#) to take the pledge.

Navy Suicide Prevention Month Web Page

Suicide Prevention Month is a springboard for year-long engagement across the Navy, ultimately fostering sustainable initiatives that support resilience and seeking help as a sign of strength. [Click here](#) to learn about the products and services available.

Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

