



## September is Mental Health and Suicide Prevention Month



Military life, especially deployment or mobilization, can put stress upon service members and their families. But often some of the most significant stressors are everyday situations like relationship problems, transitions, and permanent change of station. Understanding suicide warning signs and risk factors can help identify, prevent, and intervene early to save lives. Suicide Prevention Month serves as a way to promote mental health and suicide awareness and prevention, and encourage Sailors and Marines to access psychological health and emotional well-being resources when needed. These valuable resources can be used not only by Sailors or Marines who need a helping hand but also by family members and friends, health

### Contribute to this year's 1 Small Act Photo Gallery!

Each year during the month of September, the Navy recognizes Suicide Prevention Month. The Navy and Marine Corps Public Health Center (NMCPHC) encourages Sailors, families, and the entire Navy and Marine Corps community to engage with one another and contribute to recognizing and encouraging suicide prevention efforts. This year, NMCPHC asks its partners to support and promote the 1 Small ACT Photo Gallery, sponsored by the Navy Suicide Prevention Branch (OPNAV N171). The photo gallery is housed on the [U.S. Navy Operational Stress Control Facebook](#) page. This gallery serves as a reminder of hope, inspiration, and community illustrating the many ways to support *Every Sailor, Every Day*. For more information, visit the 1 Small Act [blog post from OPNAV N171](#).



promoters, command leadership, command suicide prevention coordinators (SPCs), behavioral health providers, primary care and other specialty providers, and chaplains.

The [Mental Health and Suicide Prevention Toolbox](#) offers Sailors, Marines, beneficiaries, DoD civilians, health promotion coordinators, and health information disseminators the resources designed to assist with fostering an environment free from the fear and barriers that can be associated with reaching out for help with life's challenges. Health educators, SPCs, corpsmen, leaders, and others who work with or support Sailors and Marines are encouraged to promote positive coping skills, reaching out for help before stress feels unmanageable, and utilizing available helping resources such as the [Military Crisis Line](#), the [Marine DSTRESS Line](#), and [Military OneSource](#).

## 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.

### Fact Sheet: Chaplain Support Blog Post

Navy chaplains can be an excellent resource for Sailors and their family members seeking confidential communication to discuss hard or stressful things. Chaplain communication is 100% confidential and chaplains have been trained to provide psychological health screening and assessment. [Click here](#) for information on the type of care chaplains can provide and when you can turn to them for help.

### Infographic: Suicide at a Glance

Suicide is preventable but it's important that each of us is armed with the information we need to understand behaviors related to suicide. [Click here](#) to learn more information about suicide prevention.

### Poster: ACT Now! Poster

Take all talk about suicide seriously. Know the warning signs of suicide and remind your shipmate, friend, or family member that you care about them. [Click here](#) for tips on how to ACT now when approaching someone about concerns you may have for them.

### *Additional HPW Resources*

Check out the additional resources available to you! 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 Homepage](#)
- [HPW Partnership Fact Sheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn more about resources related to mental health and suicide prevention, please visit our [September Health Promotion Toolbox](#).

## Toolkit: Relax Relax Toolkit

This relaxation toolkit is designed for use by Sailors and Marines who would like to reduce stress through deep relaxation to optimize performance. The toolkit contains several sections and each one focuses on a different form of relaxation. The techniques offered may be used individually or in combination with other medical treatments or counseling. [Click here](#) to access the toolkit and review the recommendations to stay mentally and physically prepared for challenges and to improve resilience.

## Fact Sheet: Acute Suicide Warning Signs

This fact sheet provides a list of potential warning signs that may help identify those at high risk for suicide. In any situation where you feel someone may be at risk, do not leave the person alone and seek immediate assistance by either calling 911, the Military Crisis Line, or from a health care professional. [Click here](#) to learn the acute warning signs of suicidal behavior.

## Fact Sheet: 10 Ways to Build Resilience

The [10 Ways to Build Resilience](#) fact sheet provides tips on how to develop stronger relationships, healthier lifestyles, and other behavior changes that will help you become more resilient.

## Social Media Messages

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

### Social media message 1:



We encourage you to use our resources to support the psychological health and emotional well-being of your fellow Sailors and Marines during Mental Health and Suicide Prevention Month and throughout the year! <http://go.usa.gov/3FfY4>

### 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.

# HEALTH PROMOTION AND WELLNESS PARTNER OUTREACH

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## Social media message 2:



Interested in meditation but not sure where to start? Our Relax Relax Toolkit has tracks you can listen to anywhere! <http://go.usa.gov/3FfYk>

## Social media message 3:



It's National Suicide Prevention Week. Find the resources you need to support fellow Sailors and Marines here: #ZeroSuicide <http://go.usa.gov/3FfYG>

## Social media message 4:



It takes more than just one person to help an individual THRIVE! Learn more: <http://go.usa.gov/3FfYz>

## Social media message 5:



Don't wait to A.C.T. if you know someone who is in crisis. Learn more: <http://go.usa.gov/3Ff43>

## Social media message 6:



Chaplains play a role in the everyday health and wellness of Sailors, Marines, and their families. They can provide unique support because they maintain "confidential communications" in performing their pastoral duties. Learn more: <http://wp.me/pGjgf-sS>

## Social media message 7:



Seeking help is viewed as a sign of strength - not weakness. Learn more stigma busters from NCCOSC and help #EndStigma. <http://go.usa.gov/3Ff4T>

*[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 Re-Cap

Navy and Marine Corps Public Health Center (NMCPHC) hosted a webinar entitled "HIV PrEP in DoD" in support of Preventive Health month. On 20 August 2015 the NMCPHC Sexual Health and Responsibility Program (SHARP) Program Manager and guest speakers from around the DoD discussed HIV Pre-Exposure Prophylaxis (PrEP). To find the recording of webinar please [click here](#). You can also visit the [HPW Webinars](#) Web page to view upcoming webinars and review the webinar archive.

*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 in the future click [here](#) for registration details.*

