

#BeThere for Every Sailor, Every Day.



1 Small ACT Toolkit

For use during 2016 Navy Suicide Prevention Month and throughout FY17

Released by Navy Suicide Prevention Branch, OPNAV N171



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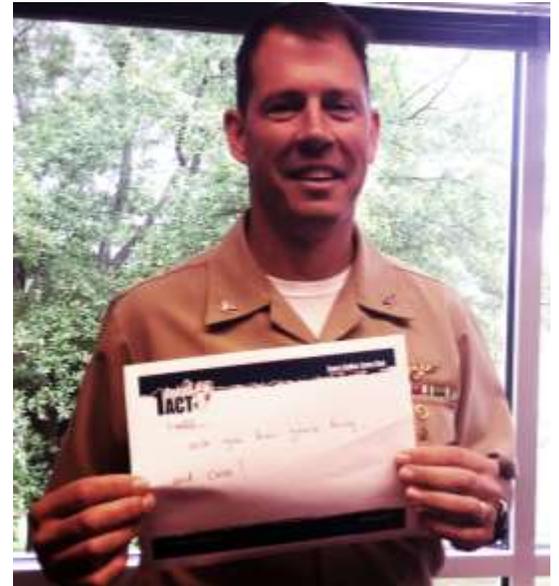
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Foreword

Each September, Navy Suicide Prevention Month—led by the 21st Century Sailor Office’s Suicide Prevention Branch, OPNAV N171—serves as an extended launch for sustainable and tailored local engagement throughout the upcoming fiscal year. During this time we introduce new tools and concepts while continuing to reinforce key messages to educate audiences, advance the conversation and motivate positive and healthy behavior. This isn’t just a 30-day “blitz.” It’s about reenergizing ongoing efforts and enlisting all hands in the effort to be there for *Every Sailor, Every Day*.

Though we often view statistics as a call-to-action, suicide prevention is not about numbers. The impact of losing one Sailor to suicide is felt by many—shipmates, friends, family, and the entire community—and for some the negative effects last a lifetime. Each of us is a leader and has the power to make a difference. Whether you’re taking steps to boost command morale and promote a supportive climate, help a new check-in feel welcomed into your unit, or encourage a shipmate to speak with a professional to navigate psychological health concerns, your small act of kindness can be life-saving. We may never know how many lives have been and will be saved because of our dedication to living the Navy’s core values of honor, courage and commitment. To that end, we must lead by example and demonstrate the power of taking care of ourselves physically, emotionally, psychologically and spiritually. We must have the courage to seek help for our own stressors early (which preserves our mental toughness, rather than weakening it). We must remain committed to one another and to fostering a culture where we communicate about stressors openly, without fear of judgment or reprisal.



Last year, we introduced 1 Small ACT as the primary message under our *Every Sailor, Every Day* campaign, promoting the many ways that Sailors and families can take action to recognize signs, support one another and intervene. While we will continue to focus on this message, we’re expanding its application starting in September and continuing throughout fiscal year 2017. In addition to being there for others, we must employ simple actions to support our own psychological and emotional well-being (self-care). We must also help our shipmates and family members understand, trust and access the many resources available to our Navy community that have been proven to save lives.

Look for ways to make a difference and ACT. *Every Sailor, Every Day* starts with **you**.

With Respect,
Capt. Michael D. Fisher
Director, Navy Suicide Prevention Branch, OPNAV N171



Introduction

This toolkit is designed for Suicide Prevention Coordinators (SPCs), leaders and key influencers to help educate the entire Navy community on the importance of ongoing suicide prevention efforts. It contains resources to help launch the next phase of the *Every Sailor, Every Day* campaign at the local level, starting with 2016 Navy Suicide Prevention Month.

By using the resources and products in this toolkit, you will help your shipmates and community members:

- Recognize stress and signs of psychological health concerns in themselves and others;
- Understand the many ways to build personal resilience and strengthen coping skills;
- Become familiar with Navy's resources and policies supporting stress navigation and prevent suicide; and
- Practice simple ways to make a difference in the lives of *Every Sailor, Every Day*.

This year's toolkit includes the following:

- Overview
- Webinar flyer: *Every Sailor, Every Day* Starts with YOU (cohosted by Navy & Marine Corps Public Health Center)
- Outreach ideas and resources
- 1 Small ACT Photo Gallery details and signs
- Key messages and talking points
- Graphics
- Sample content (social media messages, plan of the week notes, commanding officer's proclamation)
- Printable and online resources
- Links to additional resources

Resources in this toolkit may be implemented starting August 15, 2016 through August 15, 2017. New campaign resources including blog posts, social media content and printed materials will be released throughout the year on Navy Suicide Prevention Branch digital channels, and will be announced in Lifelink Newsletter (subscribe [here](#)).

Where to Access Navy Suicide Prevention Branch Resources



#BeThere for Every Sailor, Every Day.

- Navy Suicide Prevention Website: www.suicide.navy.mil > *Every Sailor, Every Day*
- Navy Operational Stress Control Blog: navstress.wordpress.com
- Navy Operational Stress Control Facebook: www.facebook.com/navstress
- Navy Operational Stress Control Twitter: www.twitter.com/navstress
- Navy Suicide Prevention Branch YouTube: <https://www.youtube.com/user/navstress>



Overview

The *Every Sailor, Every Day* campaign launched during 2014 Suicide Prevention Month and continues to serve as Navy's core Suicide Prevention and Operational Stress Control campaign. Through an array of digital communications (social media, online content, multimedia and audience interaction), the campaign seeks to empower behavior change by providing Sailors and families with tips to support themselves and each other. The campaign promotes ongoing and active engagement to enable early recognition of risk, proactive intervention and champion seeking help.

In September 2015, 1 Small ACT was introduced as the campaign's newest message, encouraging simple actions that can make a difference in the lives of others while leveraging relationships between peers and community members. This message is based on Navy's Ask Care Treat (ACT) model, aligning with broader collaborative communications efforts between the armed forces, Dept. of Defense Suicide Prevention Office (DSPO) and Veterans Affairs (VA) to promote the Power of 1 concept.

1 Small ACT will continue to serve as the *Every Sailor, Every Day* campaign's primary message throughout fiscal year 2017. 2016 Navy Suicide Prevention Month will launch expanded application of this message, focusing on individual self-care practices and coping skills, as well as societal prevention and intervention supports (including means safety and mental health resources). Community and relationship support will continue to be emphasized, integrating the DoD and VA's newest theme, "#BeThere" (Be There).



Every Sailor Every Day Starts with YOU: Understanding Evidence-Based Intervention Tools for Sailors at Risk of Suicide



Featuring Navy and Marine Corps Public Health Center and
Navy Suicide Prevention Branch

30 August 2016
from 1200 – 1300 ET

Registration Information:

Registration is required for this webinar by 25 August. To register, visit the [webinar registration page](#). You must have a Common Access Card to register/attend this webinar.



Webinar Description:

In observance of Mental Health and Suicide Prevention Month, the Health Promotion and Wellness (HPW) Department at the Navy and Marine Corps Public Health Center (NMCPHC) will host a webinar in collaboration with Navy Suicide Prevention Branch (OPNAV N171) to discuss the many ways that local advocates can work together to promote a supportive command climate that integrates tools for physical and psychological health. Speakers will foster understanding of Navy's evidence-based efforts in prevention and intervention, while emphasizing ways to mitigate risk early and promote a culture of Total Sailor Fitness.

Speakers:

- CDR Tara Smith, MSC, OPNAV N171
- Mr. Steve Holton, Deputy Director, OPNAV N171
- Dr. Mark Long, Public Health Educator, Health Promotion and Wellness Department, Navy and Marine Corps Public Health Center



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Outreach Ideas and Resources

Efforts to engage and educate your shipmates about stress navigation and suicide prevention can help promote a culture supportive of psychological health and seeking help. SPCs should ensure that command engagement is ongoing, using September as an opportunity to reenergize the conversation and set the tone for the upcoming year. Ideas are listed below:

- Organize a **5K walk or run** aboard your ship or installation in support of stress navigation, suicide prevention and Total Sailor Fitness. Include various stations along the route to educate and motivate participants. Stations may include:
 - A trivia table staffed by the command SPC, health promotion coordinator and/or other key influencer. Use the information in this toolkit to develop questions related to self-care, stress zones, suicide risk and protective factors, and offer incentives to those who answer the most questions correctly;
 - A “**Small ACT Selfie**” station stocked with printed signs (available [here](#) and in the toolkit). Participants can personalize a sign, snap a selfie or group photo and email to navysuicideprevention@gmail.com with their names and event info for inclusion in the 1 Small ACT Photo Gallery. Following the event, collect the signs and post them throughout high-traffic areas as reminders of the simple ways to support others and one’s own psychological health.

- Host a series of **small group discussions**—open to Sailors, civilians and family members—discussing stressors, sharing stress navigation tips and providing information on local support resources. Ask your chaplain or a Fleet and Family Support Center counselor to attend and moderate the discussion using the communications best practices outlined in this toolkit.

- Host a **Small ACT Selfie challenge** between units, work centers or organizations, and include family members. Work with leadership to offer an incentive to the group with the most Small ACT Selfie submissions by September 30, 2016, following the [guidelines](#) provided in this toolkit.

- Work with your health promotion coordinator, command fitness leader (CFL), drug and alcohol program advisor (DAPA), command climate specialist, Fleet and Family Support Center (FFSC) counselor, chaplain and other local assets to organize a **Total Sailor Fitness Fair**, illustrating the

Naval Medical Center Portsmouth



Last year, Naval Medical Center Portsmouth hosted a Suicide Prevention Awareness Fair with educational booths, local experts and providers, and resources to help Sailors navigate stress. Read more [here](#).



relationship between physical, psychological, spiritual and behavioral health.

- Ask leaders from local commands aboard your installation (including chiefs, first classes, junior officers and senior officers) to conduct a **weekend send-off**, holding up signs with suicide prevention and stress navigation messaging at gate exits on Friday afternoons during peak outgoing traffic times (1430-1600).
 - Messaging can include self-care tips, motivational messaging, contact information for local resources and the Military Crisis Line, stress navigation tips and more.
 - Work with base safety and security personnel to ensure that participants are standing in a safe zone and are not disrupting traffic flow.
 - Reach out to your local DAPA to potentially coordinate with responsible drinking send-offs to promote a range of healthy behaviors (alcohol misuse is a risk factor for suicide).
- Share educational content with your shipmates. You can use the sample **social media messages** in this toolkit to post to command-owned social media channels and/or include messages in your **plan of the week** using the samples provided.
- Ask your commanding officer to declare September as Navy Suicide Prevention Month and dedicate the upcoming fiscal year toward promoting psychological health. The **sample proclamation** in this toolkit can be used as an example.

Look out for more ways to get involved and opportunities for Navy and DoD-wide recognition throughout September and during fiscal year 2017. Send us a description of your suicide prevention efforts to be featured in the Lifelink Spotlight by tagging @U.S Navy Operational Stress Control in your Facebook content and @NavStress in your Twitter content, or email us at navysuicideprevention@gmail.com.

1 Small ACT Photo Gallery

The 1 Small ACT Photo Gallery provides the opportunity to promote practical applications of the 1 Small ACT message through “Small ACT Selfies” housed on the U.S. Navy Operational Stress Control Facebook page (www.facebook.com/navstress). This year, participants can personalize their sign with an example of a Small ACT to be there for themselves (self-care) or be there for others. Details and submission guidance are as follows:

- Choose one of the new Small ACT Selfie signs, available on www.suicide.navy.mil, to print and personalize with an example of a Small ACT you can engage in to strengthen your psychological, physical and emotional health; or a Small ACT to be there for others. For example, you could write “I will find something to give thanks for every day,” or “I will encourage my shipmates to seek help and stay mission ready.”
- Submit a selfie (or group photo) with your sign to navysuicideprevention@gmail.com. In the email, include:
 - Name(s) of participant(s);
 - Command or organization; and
 - Small act included on sign in photo (may be used as caption).
- Like us on Facebook (www.facebook.com/navstress) and share your image as inspiration to your shipmates, friends and family.



Over 400 Small ACT Selfies were received since the 1 Small ACT Photo Gallery launched. The gallery will remain open throughout fiscal year 2017. New signs are available on www.suicide.navy.mil.

- Submissions will also be accepted through the **Real Warriors mobile app** from compatible Apple devices, and may be viewed at realstrength.realwarriors.net from any device. To submit:
- Upload a photograph of yourself or your shipmates holding up the number one (**index** fingers only) via the Real Warriors App;
 - Select a Real Warriors Campaign banner that will be placed across the bottom of the image, such as “Real Strength;”
 - Caption your photo with your Small ACT; and



- Post photo to the app's Wall. Your image will be shared with thousands of fellow service members and families, and will be posted in the 1 Small ACT Photo Gallery.

Submission Requirements:

- Please print your sign in color, if possible, and write clearly and legibly using a bold marker so that your sign can be easily read across all platforms (desktop and mobile).
- Individuals or groups (units, commands, friends, families, etc.) may submit photo with individual signs or one sign representing a group commitment.
- Participation is open to service members, family members, Department of Defense civilians and contractors, and members of the public. However, submissions may be subject to local public affairs or organization policies. Please obtain necessary permission before submitting.
- Photos will be rejected if they contain commercial endorsements, personal information including but not limited to addresses or phone numbers, content that may violate operations security, offensive or objectionable language or content.

I will...

1 Small
1 ACT



#BeThere for Every Sailor, Every Day.

I will...



#BeThere

#SmallACTSelfie



Key Messages and Talking Points

Key Messages

- 1 Small ACT can make a difference and save a life. #BeThere for *Every Sailor, Every Day*.
- *Every Sailor, Every Day* starts with YOU. All members of the Navy community should lead by example and take proactive steps toward strengthening physical, psychological and emotional wellness on a daily basis, recognizing when it's necessary to seek help.
- If you notice anything out of the norm from your shipmate, one conversation—1 Small ACT—can open the door for support by breaking the silence and facilitating early intervention.
- Seeking help is a sign of strength—it's okay to speak up when you're down.
 - The Military Crisis Line offers confidential support for active duty and reserve service members and their families 24 hours a day, 7 days a week. Call 1-800-273-8255 and Press 1, chat online at www.militarycrisisline.net or send a text message to 838255.
 - Navy chaplains provide confidential support regardless of religious beliefs and cannot be compelled by commanders, medical professionals or others to disclose what a service member or family member shares in confidence. To locate the nearest chaplain or request chaplain support, call 1-855-NAVY-311, email or text Navy311@navy.mil, or visit www.navy311.navy.mil.
 - Local Navy Fleet and Family Support Centers offer access to qualified counselors who can provide resources supporting financial readiness, stress navigation, transition assistance, deployment preparedness and more. To find a local FFSC, visit www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/regional_office_program_directory.html.
 - Military OneSource provides information and resources to foster readiness and resilience in all areas of life. They offer non-medical counseling, specialty counseling, peer support and a myriad of other services. Call 1-800-342-9647 or visit www.militaryonesource.mil for 24/7 support.
- Suicide prevention is not about numbers; every life lost to suicide is one too many.
- If you think a shipmate is having trouble navigating stress, ACT (Ask, Care, Treat):
 - Ask – Ask directly, “Are you thinking of killing yourself?”
 - Care – Listen without judgment. Show that you care.



- Treat – Get help immediately and don't leave the Sailor alone. Escort him or her to the nearest chaplain, trusted leader or medical professional for treatment.

Suicide Risk and Protective Factors

- Protective factors are resources and aspects of our lives that promote healthy stress navigation and good coping skills. They can be personal, external or environmental.
 - Protective factors against suicide include a strong sense of community and belonging, strong connections with family and friends, comprehensive wellness and good health practices, a sense of purpose and fulfillment, access to health care, and good problem solving and coping skills.
 - Self-care is an essential component of good health and can be thought of as a set of survival skills. Self-care includes basic activities of daily living (such as eating a balanced diet, grooming, getting adequate sleep, exercising and attending to medical concerns). It also includes activities that can enhance psychological and emotional well-being, such as journaling, meditation, social connection, counseling or therapy.
- Risk factors for suicide are complex, but consist of a chain of events leading an individual to feel anguish and hopelessness, with the capacity to be lethal (due in part to impacted judgment and access to means).
 - Risk factors include a disruption in primary relationship, loss of status, feelings of rejection or abandonment, increased substance use or abuse, pending legal/disciplinary actions, transition periods and access to lethal means.
- Annual case reviews consistently reveal that suicide risk is higher when Sailors are experiencing multiple stressors, including transitions, relationship issues and career or personal setbacks.

Navy Suicide Prevention Talking Points

- Navy's 21st Century Sailor Office (OPNAV N17) facilitates synergy across a spectrum of wellness to maximize Total Sailor Fitness, with resilience at its foundation.
 - The Navy Suicide Prevention Branch (OPNAV N171) is an integral part of 21st Century Sailor Office, illustrating the many ways that physical, spiritual, social, behavioral, financial and relationship fitness influence abilities to navigate stress and support psychological health.
- Navy recognizes that our goal to reduce suicides will be realized through incremental progress and that sustainable change may not follow a linear pattern from year to year. We are continuously working to strengthen efforts in evidence-based prevention and intervention strategies that have demonstrated



effectiveness in both civilian and military populations.

- The Navy recently reiterated its commitment to building resilience at the individual and command level, releasing its first Operational Stress Control (OSC) Program instruction. OPNAVINST 6520.1 details policy, guidelines, procedures and responsibilities to standardize the OSC Program across the fleet.
 - Operational stress is the process of responding to the challenges of Navy life, as well as the direct and indirect challenges associated with Navy operations. While some stress is good, exposure to prolonged or extreme stress can negatively impact health, performance and morale.
- Firearms continue to be the primary method used in both military and civilian suicides. More than half of all Navy suicides from 2012 to 2015 involved a firearm.
 - Navy has released guidance for commanders and health professionals on reducing access to lethal means. NAVADMIN 263/14 states that commanders and health professionals may ask Sailors who are reasonably believed to be at risk for suicide or causing harm to others, to voluntarily allow their privately-owned firearms to be stored for safekeeping by the command. It also establishes procedures to protect the rights of Sailors who consent to storage. The guidance applies to all Sailors (both active and reserve) and is in accordance with Section 1057 of the National Defense Authorization Act of Fiscal Year 2013.



Best Practices for Safe Suicide Prevention Messaging

The manner in which suicide is discussed in any setting (training, everyday conversation, public messaging, media coverage, etc.) can either motivate positive behavior or contribute to risk. All discussion of suicide should follow guidelines for safe messaging, per the National Strategy for Suicide Prevention.

Use objective language. Describing a suicide attempt as “successful,” “unsuccessful” or “incomplete” frames suicide death as a desirable state. Attempts are either fatal or non-fatal. Additionally, the term “committed suicide” frames it as a crime, which can increase barriers to seeking help by reinforcing negative attitudes. Use “die by suicide” or “death by suicide” instead.

Always foster a positive suicide prevention narrative. Inclusion of data and statistics should not undermine the intent to convey a positive and action-oriented message that promotes understanding of suicide risk and protective factors, encourages active dialogue about suicide and psychological health and promotes help-seeking behavior. The vast majority of those who encounter stress, adversity and/or psychological health challenges do *not* die by suicide.

Use numbers with discretion. A single life lost to suicide is one too many. Extensive discussion of numbers shifts the focus away from preventive actions that can save lives. Avoid presenting suicide as an “epidemic” or common occurrence among a particular community. This can normalize suicide to those at-risk, discouraging positive action and seeking help. Always include appropriate resources within every discussion of suicide, such as the Military Crisis Line.

Avoid glamorizing deaths by suicide. Although “peace” may be a desirable state for those who are encountering adversity, stating that a person found peace by taking his or her life glorifies the act. Dying by suicide may sound more attractive to those who are struggling to cope with psychological pain when it seems like an escape. Always separate the person’s positive life accomplishments from his/her final act.

Avoid presenting suicide as an inevitable event, or oversimplifying the cause. Most suicidal people exhibit warning signs, which may be caused or exacerbated by mental illness and/or substance abuse disorders. However, no one should feel as though suicide is the inevitable solution. Discuss risk factors commonly associated with suicide to increase awareness and promote seeking treatment. It’s best to shift the focus away from speculated causes of a single case. Revealing unconfirmed details may lead to generalizations that could normalize the event and hinder postvention efforts.

Always provide information for assistance. To promote help-seeking behavior, accompany discussions about suicide and psychological health with available resources including chaplain support, **Military OneSource**, or the **Military Crisis Line**.

Additional safe messaging tips are available at <http://suicidepreventionmessaging.actionallianceforsuicideprevention.org>.



Sample Content

Social Media Messages

Facebook:

Ship, shipmate and #self. Taking care of yourself psychologically, emotionally and physically can help you navigate life's challenges safely. Every Sailor, Every Day starts with YOU. #1SmallACT

How will YOU #BeThere for others? Take a Small ACT Selfie and send to navysuicideprevention@gmail.com. Learn more at www.suicide.navy.mil. #1SmallACT #PreventSuicide

#DYK: Less than 1% of security clearance denials and revocations involve psychological health concerns. In fact, seeking help proactively may favorably impact security clearance eligibility. Spread the truth: <http://go.usa.gov/xYj8e>

September is Navy Suicide Prevention Month. Any life lost to suicide is one too many. It's about taking care of our people and promoting a culture where all personnel feel supported and view seeking help as a sign of strength. Together we can make a difference, #1SmallACT at a time.

Seeking help is a sign of strength. Know where your lifejackets are. Share this with your shipmates as a way to Be There for Every Sailor, Every Day: <http://j.mp/MilCrisisLine>

Have you seen the "Every Sailor, Every Day" video? Have your shipmates? Watch it and have a conversation about stress and suicide. Early and open discussion is key to breaking down barriers to speaking up and seeking help. Be there for Every Sailor, Every Day: <http://www.navy.mil/viewVideo.asp?id=20466>

Twitter:

Ship, shipmate & #self. Take care of yourself psychologically, emotionally & physically to navigate life's challenges. #1SmallACT

How will YOU #BeThere for others? Take a Small ACT Selfie. More info at www.suicide.navy.mil.

Spread the Truth: Less than 1% of security clearance denials and revocations involve psychological health concerns. <http://go.usa.gov/xYj8e>

Seeking help is a sign of strength. Share this with your shipmates as today's way to #BeThere for Every Sailor, Every Day: <http://j.mp/MilCrisisLine>

Have you & your shipmates seen the #EverySailorEveryDay video? View it & have a discussion about #stress & #suicide: <http://www.navy.mil/viewVideo.asp?id=20466>

#SuicidePrevention is an all hands effort, all of the time. Leaders must communicate with their Sailors to create a sense of community.



Graphics

The following graphics are available for download from the Every Sailor, Every Day webpage on www.suicide.navy.mil. These graphics can be paired with sample social media messages and used on other digital products and printed materials in support of Navy Suicide Prevention Month and the *Every Sailor, Every Day* campaign.

Graphic Thumbnail	Description & Link
	<p>Logo for use on materials promoting Navy's <i>Every Sailor, Every Day</i> campaign, as well as those aligning with key Navy Suicide Prevention Branch messaging as outlined in the 1 Small ACT Toolkit. Please do not alter this logo by changing color palette, typeface, ratios, messaging, image background or any other modifications.</p> <p>Link</p>
	<p>Social media image for use on Facebook, Twitter, Instagram and Google+ accounts operated by commands, organizations and/or individuals.</p> <p>Link</p>
	<p>Social media image for use on Facebook, Twitter, Instagram and Google+ accounts operated by commands, organizations and/or individuals.</p> <p>Link</p>
	<p>Social media image for use on Facebook, Twitter, Instagram and Google+ accounts operated by commands, organizations and/or individuals.</p> <p>Link</p>
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	<p>Social media image for use on Facebook, Twitter, Instagram and Google+ accounts operated by commands, organizations and/or individuals. Link</p>



This series of three banners can be displayed on installation digital marquees to promote active engagement in stress navigation and suicide prevention efforts.

[Link](#)

Sample Plan of the Week Notes

1. While suicide prevention is an ongoing effort, Navy Suicide Prevention Month is the perfect time to encourage your shipmates and loved ones to take care of themselves and each other during calm and rough seas. Set an example by participating in the 1 Small ACT Photo Gallery. Download the new “Small ACT Selfie” sign from www.suicide.navy.mil, personalize it with an example of a small act to be there for others or yourself, snap a selfie or group photo with the sign, and email the photo to navysuicideprevention@gmail.com for uploading in the gallery. Like U.S. Navy Operational Stress Control on Facebook to share your photo—and all Navy Suicide Prevention Branch resources—with your shipmates and family.
2. Self-care can be thought of as a set of essential survival skills, enhancing overall well-being by promoting psychological and physical health, reducing stress, honoring emotional and spiritual needs, strengthening relationships and achieving balance in one’s personal and professional lives. Looking to build your self-care toolbox? The combination of physical movement, breathing and meditation found in yoga has been linked to improved stress response and concentration. Subscribe to the Navy Operational Stress Control blog at <https://navstress.wordpress.com> for more tips to help you navigate stress, 1 Small ACT at a time.
3. Research indicates that sharing meals as a family benefits emotional health and connectedness, and is linked with decreased risk-taking and destructive behavior. Another way to promote health and safety at home is to ensure that privately-owned firearms are stored unloaded, in a locked safe or cabinet and secured with a gunlock. These simple steps can not only help prevent injury among children in the household, but are proven ways to prevent suicide when you or your loved ones are experiencing stress and psychological health concerns and are at increased risk. Learn more at spreadtheword.veteranscrisisline.net/materials > Gun Safety.
4. Have you seen the “Every Sailor, Every Day” video? Have your shipmates? Watch it and have a conversation about stress and suicide. Early and open discussion is key to breaking down barriers to speaking up and seeking help. Be there for Every Sailor, Every Day. It starts with YOU. <http://www.navy.mil/viewVideo.asp?id=20466>



Sample Commanding Officer's Proclamation

An official proclamation signing by your commanding officer is a great way to publicize the kick-off for fiscal year 2017's suicide prevention activities and promote ongoing engagement. Below is sample proclamation verbiage:

Navy Suicide Prevention Month 2016: Be There for Every Sailor, Every Day

WHEREAS, each member of the Navy team is valued and irreplaceable, whether active duty, reserve, civilian, contractor, or family member; and

WHEREAS, Navy life is incredibly rewarding but equally challenging. Service members and their families experience a myriad of stressors in their personal and professional lives while courageously serving our country; and

WHEREAS, talking openly about stress and psychological health builds trust, reduces barriers to care and enables early intervention; and

WHEREAS, all members of the Navy community should lead by example and take proactive steps to build resilience, navigate stress and strengthen one's own psychological and physical health on a daily basis, recognizing when it's necessary to utilize available resources for support in navigating challenges; and

WHEREAS, everyone in the Navy community has an obligation to ACT (Ask, Care, Treat) when a Sailor shows signs of distress. One small act by a shipmate, leader or family member to encourage healthy behaviors, offer support and uphold seeking help as a sign of strength can make a difference and may save a life;

WHEREAS; the Navy continues to strengthen resources, programs and policies designed to support Sailors and their families, including those in place to promote psychological health and Total Sailor Fitness; and

WHEREAS, suicide prevention in the Navy is not just an annual observance – it's an all hands effort, all of the time. Together, we can be there for *Every Sailor, Every Day*.

Now, therefore, be it resolved that I [NAME OF OFFICIAL, TITLE OF OFFICIAL], do hereby proclaim **September 2016** as

NAVY SUICIDE PREVENTION MONTH

and encourage commands, Sailors, Marines, civilian, and contractor employees and their families to ACT to help prevent suicide in the Navy community.



Additional Materials

The following printable graphics and fact sheets can be posted in high-visibility areas or shared online through social media.

Product	Description	Link
Stress Continuum Infographic	At-a-glance view of stress zones, developed by Navy Suicide Prevention Branch.	Infographic
Principles of Resilience Infographics	Definitions of the five Principles of Resilience which can be applied in daily life to promote healthy stress navigation. Developed by Navy Suicide Prevention Branch.	At-a-glance Infographic , Predictability Infographic , Controllability Infographic , Relationships Infographic , Trust Infographic , Meaning Infographic
Communications with Medical Providers Regarding Mental Health Treatment	At-a-glance information for use by commanders and key personnel (such as SPCs) to help dispel misperceptions among Sailors regarding communication about mental health treatment. Developed by Navy Bureau of Medicine and Surgery (BUMED) Psychological Health Advisory Board.	Infographic
5 Things You Should Know About Reducing Access to Lethal Means	Fact sheet outlining key facts Sailors should know about Navy's means safety guidance (NAVADMIN 262/14). Developed by Navy Suicide Prevention Branch.	Fact sheet
Commanding Officer's Suicide Prevention Program Handbook	Resource guide for commanders and SPCs including additional information and tools, such as training resources.	Handbook
Real Warriors Campaign Materials	Posters and fact sheets containing motivational messaging, resources for seeking help and tips for staying mission ready developed by the Real Warriors Campaign.	Online Catalog
Guard Your Health Campaign Materials	Suicide prevention articles and support database from Army Nationals Guard's Guard Your Health campaign.	Suicide Prevention Articles 24/7 Support Database
Navy & Marine Corps Public Health Center September HPW Toolbox	Additional psychological health and suicide prevention resources for health promoters, command leadership, SPCs, chaplains and providers.	Online Toolbox



Stress Navigation Plan

Effective stress navigation doesn't start once stress becomes a distraction; it starts by planning ahead and exploring available resources proactively. This Stress Navigation Plan is a personal list of positive strategies and support resources that you can turn to during times of increased stress and adversity. It can also be used as a "conversation starter" when a shipmate is encountering difficulty and may benefit from resources to enable healthy decision-making.

How do I know when I'm stressed out?

- c. **Physical signs** (change in energy level, muscle tension, etc.):

- d. **Emotional signs** (negative thoughts, feeling overwhelmed, easily agitated, etc.):

- e. **Social or behavioral signs** (spending less time with friends/family, increased use of alcohol or tobacco, etc.):

These strategies or actions help me when...

- a. I need a good laugh:

- b. I need to relieve stress on my own:

- c. I need to connect with others and/or my spirituality:

- a. I'm not able to sleep:

- b. I find myself thinking negative thoughts:

I can talk to [person's name and contact information] when I encounter...

- a. Transitions and changes: _____
- b. Work or career stress: _____
- c. Relationship issues: _____
- d. Financial stress: _____
- e. Feelings of despair and/or loneliness: _____
- f. Grief or loss: _____

Today I am grateful for....

One thing I look forward to accomplishing in the future is...



Stress Navigation Plan (continued)

Severe or prolonged exposure to stress may lead to stress injury. While most stress injuries heal over time, if left untreated they may progress into more serious physical and psychological health impacts.

It's okay to speak up when you're down. To promote recovery:

- Seek guidance from a medical professional, support resource, counselor, or a Navy chaplain.
- Communicate with a trusted shipmate or leader to harness support and promote safety.
- Practice the strategies you identified above.

Warning signs and indicators that warrant professional help:

- Suicidal thoughts
- Seeing no reason for living, having no sense of meaning or purpose in life
- Anxiousness, agitation, nightmares, inability to sleep or excessive sleeping
- Feeling as though there is no way out
- Feeling hopeless about oneself, others or the future
- Isolation from friends, family, usual activities, society
- Feelings of rage, uncontrollable anger, seeking revenge
- Acting without regard for consequences
- Dramatic changes in mood

If I am in crisis and need immediate help, I can call the Military Crisis Line for 24/7 confidential support at 1-800-273-TALK (8255) and Press 1. I can also text 838255 or visit www.militarycrisisline.net for chat support.

I can also get help by reaching out to (include name and contact information):

a. My local chaplain:

b. Fleet and Family Support Center:

c. My local MTF:

d. Other:

Support resources for stress:

Military OneSource: 1-800-342-9647, www.militaryonesource.mil
(confidential non-medical support for all aspects of military life)

Make the Connection: www.maketheconnection.net

(information about life experiences from veterans and loved ones; resources for psychological health and well-being, self-assessments, resource locator)

Seeking help is a sign of strength. Life counts.



Additional sources of information:

- Defense Suicide Prevention Office: www.dspo.mil
- Suicide Prevention Resource Center: www.sprc.org
- American Foundation of Suicide Prevention: www.afsp.com
- Make the Connection: www.maketheconnection.net
- Military OneSource: www.militaryonesource.mil
- Navy & Marine Corps Public Health Center: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>
- Real Warriors Campaign: www.realwarriors.net
- Guard Your Health Campaign: www.guardyourhealth.com
- Power of 1 Campaign: spreadtheword.veteranscrisisline.net

Navy Suicide Prevention Branch resources and materials will be released throughout September and fiscal year 2017 on www.suicide.navy.mil. Follow us on [Twitter](#) @NavStress, like us on [Facebook](#) @U.S Navy Operational Stress Control, and subscribe to our [NavyNavStress](#) blog for more.