

CLASSIFICATION: UNCLASSIFIED/
ROUTINE
R 091904Z MAY 25 MID120001924898U
FM SECNAV WASHINGTON DC
TO ALNAV
XMT SECNAV WASHINGTON DC
CNO WASHINGTON DC
CMC WASHINGTON DC
BT
UNCLAS

ALNAV 037/25

MSGID/GENADMIN/SECNAV WASHINGTON DC/-/MAY//

SUBJ/MENTAL HEALTH AWARENESS MONTH//

RMKS/1. All Sailors, Marines, families, and civilian personnel are encouraged to stand together in fostering healthy command climates, promoting overall wellness, and seeking help early and often. During this month of May, the Department of the Navy highlights Mental Health as a critical component of warfighter readiness in observance of Mental Health Awareness Month.

2. Healthy Habits. Healthy habits are the building blocks of a ready force. Exercise, quality sleep, a balanced diet, healthy relationships, and community connection all increase our resiliency, wellness, and overall fitness.

3. Healthy Command Climates. Throughout the year, proactive and routine engagement with Sailors, Marines, families, and civilian colleagues normalizes help-seeking behaviors and provides avenues for intervention when harmful behaviors arise.

4. Intervention, Treatment, and Response. Seeking help at the earliest sign of stress is a sign of strength. Sailors, Marines, families, and civilian personnel have access to a continuum of Mental Health resources anytime, anywhere, to stay mission-ready and healthy.

5. Resources for support are available 24/7, 365.

a. The National Suicide Hotline: Dial 988, press 1

b. The Veterans/Military Crisis Line: Dial 988 (press 1) or text 838255 / <https://www.veteranscrisisline.net/>
Europe: +1 844-702-5495 or DSN 988 / Southwest Asia: +1 855-422-7719 or DSN 988 / Pacific: +1 844-702-5493 or DSN 988

c. Psychological Health Outreach Program (PHOP): 1-866-578-PHOP(7467), for Navy and Marine Reservists and their families

d. Military OneSource: 800-342-9647 / <https://www.militaryonesource.mil/>
e. Vet Centers: 877-WAR-VETS (877-927-8387) / <https://www.vetcenter.va.gov/>

f. Department of the Navy Civilian Employee Assistance Program (DONCEAP): 844-DONCEAP (1-844-366-2327) / TTY: 888-262-7848 / International: 866-829-0270 / <https://www.magellanascend.com/>

g. Local resources: Fleet and Family Support Centers, Marine Corps Community Services, Military and Family Life Counselors, Deployed Resiliency

Counselors, Deployment Readiness Coordinators, Chaplains, Military Treatment Facility and embedded Mental Health Providers, and leadership at all levels.

6. Released by the Honorable John C. Phelan, Secretary of the Navy.//

BT

#0001

NNNN

CLASSIFICATION: UNCLASSIFIED/