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SUBJ/COMMANDER'S INTENT GUIDANCE FOR INTEGRATED SUICIDE PREVENTION//

RMKS/1. In the pursuit of national security objectives, the sustainment of Sailors and Marines is paramount to optimizing Quality of Service and enhancing mission readiness capabilities. Even under demanding operational tempos, leaders must create opportunities for their Service Members to rest, recharge, and reconnect.

2. Establishing routines and healthy habits increases individual well-being, resilience, and warfighter readiness.

Therefore, I urge all Navy and Marine Corps commanders to emphasize the following three elements in their commander's intent guidance, to the extent practicable within mission requirements:

a. Predictable Schedules: Maintain regular duty schedules and support Sailors, Marines, and their families during unexpected shifts, and, whenever possible, prioritize advance leave requests.

b. Focused Communication: Limit after-hours and off- shift communications to mission-critical or safety-related matters.

c. Restorative Sleep: Prioritize quality sleep opportunities (as outlined in Department of Defense Instruction 1010.10, "Health Promotion and Disease Prevention," Change 3, 16 May 2022).

3. I encourage all leaders to recognize that the health and well-being of our personnel is a force multiplier for mission success. Cultivating healthy command climates is crucial for mitigating stressors that can contribute to suicidal thoughts and behaviors, so commanders must find that vital balance between operational needs and the welfare of their Sailors and Marines.

4. The integration of these three components is essential to the maintenance of optimal resilience and mission readiness necessary for the protection of the Nation. Thank you for your unwavering dedication to the health of our Navy and Marine Corps family.

5. If you or someone you know is in crisis, resources for mental, physical, emotional, and spiritual support are available 24/7, 365.

a. The National Suicide Hotline: Dial 988

b. The Veterans/Military Crisis Line: Dial 988 (press 1) or Text 838255/ <https://www.veteranscrisisline.net/>:
+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. DON 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 and Family Services, Military Family Life Counselors, Deployed Resiliency Counselors, Deployment Readiness Coordinators, chaplains, Operational Stress Control and Readiness Teams, and your leadership.

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

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