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SUBJ/MENTAL HEALTH AWARENESS MONTH//

RMKS/1. Our warfighter capability depends on our people. Just as we maintain our ships, aircraft, and gear, we invest in the holistic health of every Sailor, Marine, and civilian. This month, we recognize that our warrior ethos requires mental fortitude, allowing us to succeed in any environment.

2. Total Force Fitness prioritizes mental and psychological strength; they are as vital as physical conditioning. Optimizing our force means ensuring we face adversity with the tools to manage deployment, work, or home stress. Our commitment to mission pairs strength with mental well-being.

3. Seeking support is a sign of strength and a key component of maintaining personal and team readiness. During times of individual or unit stress, it is vital that we remind the force of the courage it takes to reach out. We must recognize distress in others and ensure no one in our community faces challenges alone. Peer support, leadership involvement, and available resources bolster our continued fitness to fight.

4. Resources for support are available 24/7, 365 days a year. If you or someone you know is struggling, reach out to the following sources of support.

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. DON Civilian Employee Assistance Program (DONCEAP):
844 DONCEAP (+1 844-366-2327)/TTY: 888-262-7848/
International: 866-829-0270/ <https://member.magellanhealthcare.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.

5. Released by the Honorable Hung Cao, Acting Secretary of the Navy.//

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