



# Project 1 Small ACT TOOLKIT FY-24

For local engagement during  
2023 Navy Suicide Prevention  
Month and FY-24



# Project 1 Small ACT

1 Small ACT can make a difference or save a life.

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## BACKGROUND

Suicide Prevention Month and other annual suicide prevention and mental health observances are **not timebound**—and are not intended to prevent suicide or boost resilience on a singular day, week, or month. These observances are meant to facilitate consistent dialogue and generate behavior change through continuing education, sharing resources, and empowering self-efficacy in **people, leaders, and teams**.

Recognizing Suicide Prevention Month each year reinforces the Navy's public health mission and an **"all hands, all of the time"** approach by using September as a month-long launch for tailored engagement at the deckplate throughout the upcoming fiscal year. This approach advances our efforts beyond a typical awareness campaign blitz to sustainable initiatives that motivate positive action and behavior on an ongoing basis.

Fiscal Year 2024 (FY-24) efforts align with Navy Culture and Force Resilience Office's key initiatives in creating a culture of safety that supports **every Sailor, every day**. FY-24 efforts also integrate the Defense Suicide Prevention Office's (DSPO) call-to-action, "Connect to Protect" as connectedness is a key protective factor against suicide. Although risk factors associated with suicide-related behaviors (SRBs) do not cause or predict suicide, several relate to social connection:

- Lack of social support and sense of isolation
- Loss of relationship or significant personal loss and
- Feeling like a burden to others, helplessness

FY-24 efforts will highlight the importance of safely securing personally owned firearms, the role connection plays in suicide prevention, and overall mental and emotional wellness. Messages used during 2023 Suicide Prevention Month and throughout FY-24 serve as a call-to-action to encourage the Navy and its communities to connect, discuss practical, evidence-informed strategies to prevent suicide, recognize psychological health concerns, and practice help-seeking behaviors.

## Integrated Violence Prevention Strategies Play a Vital Role in Suicide Prevention



Fiscal Year 2024 Navy Suicide Prevention Program efforts will continue to prioritize incorporating integrated violence prevention strategies to help create cultures of safety and prevent suicide in Navy communities. The Center for Disease Control and Prevention's (CDC) Division of Violence Prevention's (DVP) guiding principles include "addressing factors that cut across multiple forms of violence." One of their strategic priorities for 2020 through 2024 is to expand understanding of how to prevent firearm-related injuries and deaths.

This approach means actively creating and prioritizing a culture of safety to reduce risk across a number of high-risk groups—safely and securely storing personally owned firearms is imperative to creating a culture of safety in the Navy.

Suicide and suicide-related behaviors are complex. While we continue to better understand the factors that are involved, Sailors most frequently take their lives using personal firearms, even those with no mental health treatment history. Everyone is potentially at risk for suicide, so it is vital to store personally owned firearms with a gun lock in a secured safe separate from ammunition for added safety at all times, and preferably outside the house during times of increased stress.



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## TOOLKIT PURPOSE

This toolkit is designed for suicide prevention coordinators (SPCs), suicide prevention program managers (SPPMs), health promotion coordinators, leaders, providers, and anyone who wants to support Navy's suicide prevention efforts. It contains graphics, talking points, event ideas, and other materials to refresh local engagement beginning in September 2023 and continuing throughout FY-24, in alignment with the Navy Suicide Prevention Program's focus areas. By using the resources and products in this toolkit and on the program's website, you will help your shipmates and community members:

- Promote safe discussion of suicide and effective conversations about mental and emotional wellness
- Recognize risk factors and early warning signs in themselves and others
- Understand where and how to seek help and intervene
- Become familiar with lethal means safety and safe storage best practices of personally owned firearms
- Identify resources for treatment and support, and feel comfortable seeking those resources without fear of judgment or impact to their career or security clearance eligibility
- Become familiar with Navy's resources, policies, and training supporting stress navigation and suicide prevention
- Practice simple ways to strengthen their physical, psychological, and emotional health and well-being
- Make a difference in the lives of every Sailor, every day

### Access Project 1 Small ACT Campaign Resources



- Website: [www.suicide.navy.mil](http://www.suicide.navy.mil)
- Facebook: <http://www.facebook.com/Project1SmallACT>
- Twitter: <http://www.twitter.com/Proj1SmallACT>
- Flickr: [www.flickr.com/photos/navstress](http://www.flickr.com/photos/navstress)
- YouTube: [www.youtube.com/user/navstress](http://www.youtube.com/user/navstress)



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## OUTREACH, ENGAGEMENT, AND EVENT IDEAS

Efforts to engage and educate your shipmates about stress navigation and suicide prevention can help promote a culture of safety, psychological health, emotional wellness, protective factors, connectedness, and help-seeking behaviors. The ideas below can be implemented locally during September or any time of year to educate and engage your community on suicide prevention. **SPCs are responsible for working with their command resilience teams (CRT) to ensure that command engagement is ongoing** and fully integrated into other wellness efforts, using September as an opportunity to reenergize the conversation and set the tone for the upcoming year.

- **Spread the Word** and share the 30 Days of Small ACTs Calendar by printing and posting the 30 Days of Small ACTs Calendar (pg. 30) in high traffic areas. Also consider emailing the calendar to your shipmates or sharing each Small ACT daily with your social media networks. Encourage friends, peers, and family members to share the Small ACTs with their networks. The printable calendar includes ways to remain connected with others, practice lethal means safety, practice self-care, invest in personal wellbeing, reach out to shipmates, and more. For some friendly competition, form small teams and challenge your shipmates to complete as many of the Small ACTs as they can during the month. Encourage team members to individually track completed Small ACTs in a digital note or journal to help them reflect on their impact. You can also work with your base or unit public affairs officers to share each day's Small ACT to promote participation among family and other Navy community members.

### 1 Small ACT In Action: A 365-Day Conversation



Each September, the Navy recognizes Suicide Prevention Month to promote healthy behaviors, active engagement, and open conversations about suicide. This month is intended to spark year-long conversations about suicide and psychological health and is not just a 30-day blitz of suicide prevention efforts. It's a reminder of what we can be doing every day for ourselves and for others. Keep these items in mind during Suicide Prevention Month and other observance months:

- **Connect to protect.** Connectedness plays a vital role in feeling a sense of both belonging and safety. Connections help strengthen our resilience and leads to a more meaningful and fulfilled life.
- **Suicide is preventable.** Preventing suicide is a community effort. Keeping open lines of communication about suicide prevention best practices within social circles is a helpful way to lead the way.
- **1 Small ACT can make a difference.** You know your shipmates best. If you see even a small change in their behavior, trust your gut. Reach out, ask how they are doing, and actively listen to their response.



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- **Share Stories of Connection, Hope, and Recovery** to demonstrate that help works, life counts, and connectedness plays a critical role in protecting against suicide. Visit the **Real Warriors Campaign** webpage on Health.mil and [www.maketheconnection.net](http://www.maketheconnection.net) for testimonials from other active duty service members, veterans, and family members who have recovered from psychological health concerns and are living full, productive, and meaningful lives. Use the best practices provided in this toolkit to foster a positive narrative when speaking about suicide and psychological health concerns. Possible stories to share include:
  - **Start the Conversation:**  
<https://www.health.mil/News/Gallery/Videos/2021/06/18/Start-the-Conversation>
  - **Video profile: Technical Sgt. Joshua Williamson**  
<https://www.health.mil/News/Gallery/Videos/2021/06/21/Video-Profile-Technical-Sgt-Joshua-Williamson>
  - **Stay Safe and Connected:**  
<https://maketheconnection.net/whats-new/stay-safe-and-connected>
  - **Small Steps Lead to Big Strides:**  
<https://maketheconnection.net/whats-new/small-steps-lead-to-big-strides>
  - **Understanding and Coping with Natural and Human-Made Disasters:**  
<https://www.health.mil/News/Gallery/Videos/2021/06/23/Understanding-and-Coping-with-Natural-and-Human-made-Disasters>
  - **Taking the First Step to Improve Relationships:**  
<https://youtu.be/jOGx3-ZWjHM>
  - **Being Vulnerable Allowed Me to Get Help:**  
<https://maketheconnection.net/stories/831>
  - **It Can't Hurt to Talk to Somebody:**  
<https://maketheconnection.net/stories/798>
  - **Counseling Provided Tools to Cope with Challenges:** <https://maketheconnection.net/stories/686>
  - **Overcoming the Barriers of Seeking Treatment:**  
<https://www.health.mil/News/Gallery/Videos/2021/06/18/59-Sec-PSA-Overcoming-the-Barriers-of-Seeking-Treatment>
- **Invest in Peer-to-Peer Conversations** by hosting small group discussions or take it online with a social media livestream, about topics like safe and secure storage of personally owned firearms, mentorship, emotional well-being, recognizing personal stressors, fostering healthy coping skills, rebounding after setbacks, and reaching out to support networks. In conversations, **highlight the importance of treating each other with respect and listening to what everyone has to say**. For some, it might be the first time discussing psychological health in a group and it might be a little awkward for them initially. As an icebreaker, direct participants to the mental health conversation starter “Recipe Cards” which outline supportive ways to start conversations with others about mental health. The Recipe Cards are available for download on our **Flickr** account and are also included on pgs. 21-22 of the toolkit. Other icebreaker ideas include showing the “What Three Words Can Do” **video** demonstrating the power of reaching out.



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- **Host a Week of Connection Event** once per month or quarter. Challenge Sailors to actively connect and check in with at least three people every day, including themselves. Throughout the week, encourage Sailors to develop SMART (Specific, Measurable, Attainable, Relevant, and Time-Bound) holistic wellness goals or to make a daily self-care ritual, commitment, or pledge. During the Week of Connection, consider hosting a “brown bag” or informal meeting around a shared work interest, skill, or topic to help foster command connectedness. Kick off or wrap up the Week of Connection by asking participants to fill out and share a Caring Connections graphic—either physically or on their personal social media feeds. Caring Connections graphics are available for download on our [Flickr](#) account.
- **Highlight Available Resources** like the ‘Sailor on the Street’ video PSAs, the ‘What Three Words Can Do’ [video](#) PSA, the updated Stress Navigation plan, campaign posters, factsheets, and digital graphics. Many of these products, like the Stress Navigation Plan (located on pgs. 18-19) or the PSAs, can also be used as conversation starters and discussion guides. Optimized Stress Navigation Plan digital graphics can be found on our [Flickr](#) page. The PSAs are located on the Project 1 Small ACT [YouTube channel](#) and [website](#).

## Ask. Care. Treat.



### RECIPE FOR A SUCCESSFUL MENTAL HEALTH CONVO

**LEVEL:** Medium to Hard  
**TIME:** 20-30 minutes  
**SERVES:** Everyone

#### INGREDIENTS

- Let people know you're willing to talk about mental health by being open about your own.
- Speak to them privately. Always start with an expression of care, followed by an observation.
- Let them know you get it, and that you understand it's both okay and normal to have both easier and harder mental health days.

#### DIRECTIONS

- “Maybe it’s me, but I was wondering if you were ok?”
- “Hey, I’ve noticed you’ve seemed kind of down lately. What’s going on? Is everything ok?”
- “Hey, we haven’t talked in a while and I wanted to reach out. How are you doing?”
- “I’ve noticed recently that you haven’t seemed like yourself lately. How are you?”
- “I was just thinking about the time when [share a fun memory] and wanted to check in.”
- “This might seem awkward, but I’d like to know how you’re really doing and if you’re really alright.”

Starting a conversation about mental health can feel hard. Check out our conversation starter “Recipe Cards” resource to help facilitate conversations about mental health. Links to all three “Recipe Cards” are embedded in the thumbnails located on pgs. 20-21.



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- **Send Messages of Hope** by sharing or tagging shipmates in Caring Connections graphics on social media. When you notice when a fellow shipmate, friend, or loved one isn't acting like themselves, it may be hard to know what you can do to respond. Sometimes, 1 Small ACT of connection is all it takes to boost someone's mood or change someone's outlook. Whether you send a quick text, a DM on social media, or hop on a call, offering small words of support and concern can have a positive impact on a person's mental health and well-being. More information about Caring Connections is on pg. 20.
- **Conduct a Weekend Send-Off.** Work with base security and recruit a group of Sailors to hold Project 1 Small ACT posters or signs with messages of hope, outreach and/or crisis resources, risk factors and warning signs, protective factors, lethal means safety tips, stress navigation tips, motivational messaging, contact information for local or national crisis resources such as 988, the Military Crisis Line, SAMHSA's Helpline, the Crisis Text Line, etc. at exit gates on an afternoon during peak outgoing traffic times (1430-1600). Reach out to your local drug and alcohol program advisor (DAPA) to potentially coordinate with responsible drinking send-offs and safe disposal of prescription medications to promote a range of healthy behaviors (alcohol misuse is a risk factor for suicide).
- **Connect to Protect.** Connection is a key protective factor against suicide. Organize group activities like a shared workout; group cooking activity, challenge, or recipe swap (pizza making, baking challenges, best dessert, chili cookoff, etc.); movie or television series night; creating a collaborative music playlist; a book club, photography club, painting/art club, or other hobby-based club that fosters social connection and illustrates healthy ways to navigate stress, bolster mental health, and reinforce peer connection and support networks. Other ideas include:
  - A high-intensity interval training (HIIT) style workout using one of the Navy Operational Fitness and Fueling Systems (NOFFS)
  - A 5K fun run with campaign resources displayed at the starting line/finish line and water stations along the route, including messages of hope, educational materials, 1 Small ACT signs, and contact information for support services and crisis resources. Display the Project 1 Small ACT campaign's lethal means safety posters (links on pg. 28).
  - An in-person or virtual bike event (themed costume ride, group fun ride, etc.) or spin class with campaign resources distributed prior to the event, including messages of hope, educational materials, and contact information for support services and crisis resources.
  - A yoga class or event where participants can share how they incorporate self-care, mindfulness, and meditation in their daily routines. Encourage participants to snap a selfie or group photo and share on social media. Participants can send their selfies to [suicideprevention@navy.mil](mailto:suicideprevention@navy.mil) with their names and event information.

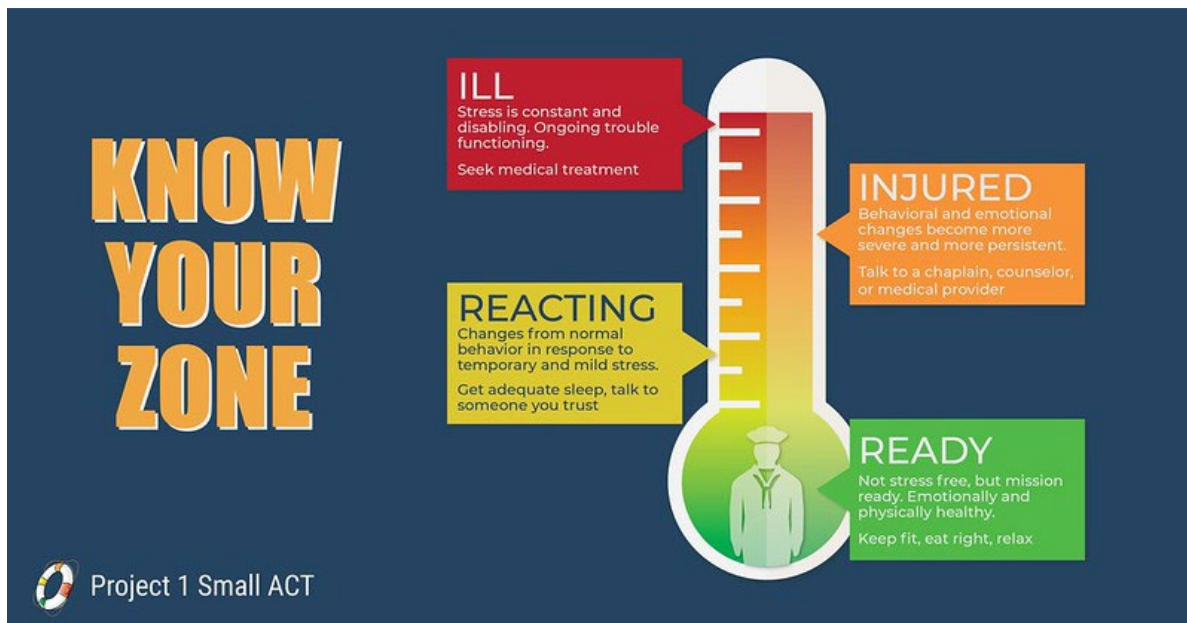




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- A book or podcast club that meets at regular intervals. Pick a theme for your club and some initial authors, audio series, or genres in which the group has a shared interest. Start each meeting with a quick mental health check-in, share or highlight an outreach resource, and have a prepared list of discussion questions about the book or podcast before every meeting. Consider creating a social media space for the club where you can invite new members to join, stay connected between meetings, post meeting schedules, and share new or additional reading or listening suggestions.
- **Spread the Truth and Share the Facts.** Work with your command's public affairs officer to share educational content and any suicide prevention command events on the command's official pages with the #1SmallACT hashtag. You can offer the sample social media included in this toolkit (pgs. 16-17). Corresponding digital graphics that can be included with the social media messages are located on our [Flickr](#) account. Share the content with your social media networks as well and encourage shipmates, friends, and family members to do the same.
- **Connect with the Local Community** by hosting a command-sponsored community service event. Helping others is a great way to build relationships and instill meaning, both Principles of Resilience, as well as find a renewed sense of purpose and contribution. Moreover, community relations (COMREL) are ways to #BeThere for others in the community, can help Sailors thrive during periods of transition, and strengthen belonging—to the community and within the command.





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## LETHAL MEANS SAFETY

Lethal means safety places time and space between a person in crisis and their access to lethal means, such as firearms and medication. Lethal means safety has proven effective at preventing suicide and starts with routine secure storage of personally owned firearms and safe disposal of unwanted, unused, or expired medications.

Privately owned firearms continue to be a primary method used in both military and civilian suicides. Everyone is potentially at risk for suicide, so we strongly encourage storing personally owned firearms with a gun lock in a secured safe separate from ammunition for added safety at all times, and preferably outside the house during times of increased stress. Conversations about secure storage and safety should be integrated into regular conversation and safety briefings. When discussing lethal means safety and secure storage of personally owned firearms, emphasize that these discussions are not about discouraging firearm use or gun rights, but are about saving lives and always encouraging firearm safety, not just during times of crisis. Knowing and understanding the facts are critical to lethal means safety and helping to prevent suicide.

### Know the Facts About Lethal Means Safety

## PROPERLY STORING YOUR FIREARM CAN HELP PREVENT SUICIDE

A few extra moments to retrieve and unlock your firearm can interrupt the impulse for suicide and open the door for help.



Firearms are the most common method of suicide in the US and military\*

\*<https://www.hopk.harvard.edu/news-center/news-center/>



Most who died by suicide were in crisis and were not mentally ill



When under more stress than usual, using a gunlock on your personal firearm can help prevent suicide. Store in a secured safe or cabinet separate from ammunition.

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- Firearms continue to be the most common method of suicide among Navy personnel.
- Owning a firearm does not cause someone to be suicidal; however, storing a loaded firearm at home increases risk of death by suicide four to six times.
- Gun locks are effective in reducing the likelihood of a suicide attempt by placing distance and time between the person and their firearm. This can interrupt the immediate impulse and provide opportunity for intervention and care.



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Navy has guidance for COs and health professionals on reducing access to lethal means of suicide through voluntary storage of privately owned firearms. [OPNAVINST 1720.4B](#) 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 temporary safekeeping by the command. The policy also establishes procedures to protect the rights of Sailors who consent to storage. The guidance applies to all Sailors (active and reserve).

COs and health professionals cannot take a Sailor's privately owned firearm without their explicit consent. While COs and health professionals are authorized to inquire about a Sailor's privately owned firearm if they believe the Sailor is at risk, surrendering the firearm is entirely voluntary and a Sailor's decision. Incentives and disincentives shall not be offered to coerce the Sailor and influence their decision.

Check with your command SPC about the availability of gun locks. Additionally, Sailors should proactively dispose of their unused prescriptions via drop boxes at military treatment facilities or via at-home disposal kits.

## To access additional, educational information on lethal means safety:

- View the [VA Firearm Brochure](#)
- Explore the [Project 1 Small ACT Flicker portal](#) for additional graphic resources suited for social media, as well as posters intended to hang throughout the command
- Download the Navy Suicide Prevention Handbook, located on the homepage of the Navy Suicide Prevention Program website, to become familiar with lethal means safety precautions during periods of increased risk or stress
- Check out the DSPO website at [www.dspo.mil](http://www.dspo.mil) for their Small Steps Save Lives [brochure](#), their [Stop, Lock & Live](#) video PSA, and their [Simple Things Save Lives](#) video PSA

## Gun Locks Distribution FAQs

### Who can I ask about gun locks? Where can I obtain one?

Sailors should check with their Suicide Prevention Program Managers (SPPMs), Suicide Prevention Coordinators (SPCs), and local FFSCs to get more information about how, when, and where to get gun locks.

### How can leaders get involved?

Leaders should invite Sailors who are reasonably believed to be at risk for suicide to voluntarily store their firearms in the base armory until the crisis passes. This is another life-saving intervention resource that is an essential part of lethal means safety. For more information about the Navy's voluntary storage policy, see [OPNAVINST 1720.4B](#).

### As the SPC, can I order gun locks for my command? Does Navy have an inventory of gun locks?

Not at this time. Currently, Navy does not have an inventory of gun locks. Gun locks are being supplied by the Department of Veterans Affairs (VA). OPNAV will provide gun lock updates via your SPPMs.



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## How should the gun locks be distributed?

Gun locks are available to service members and their families at all conus Fleet and Family Support Centers. They are distributed on a first-come-first-serve basis. Sailors who own firearms should be provided a gun lock and educated on the importance of family safety, safe storage, and also reducing access to lethal means during periods of increased stress. Lethal means safety starts with routine safe storage, disposal, and safe storage conversations. Gun lock use is not about discouraging firearm use or gun rights, it is about saving lives and encouraging firearm safety at all times, not just during times of crisis. If you have questions, seek out your medical department representative or Fleet and Family Support Center counselors who are trained in assessing suicide risk level.



Photo courtesy of Project 1 Small Act, Flickr



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## SAILOR ASSISTANCE AND INTERCEPT FOR LIFE (SAIL) PROGRAM

The SAIL program is an outreach effort that provides rapid assistance, ongoing clinical case management, care coordination and reintegration assistance for Sailors identified during the 90 days after a suicide-related behavior (SRB), the period of highest risk. SAIL is designed to supplement, not replace, mental health treatment. SAIL is part of the Fleet and Family Support Program and SAIL Case Managers are remote counselors who initiate and provide a series of telephonic or virtual caring contacts with Sailors at 1, 3, 7, 14, 30, 60 and 90 days following a suicide-related behavior. SAIL Case Managers also maintain a collaborative relationship with health care providers and command leadership.

SAIL boosts the resources available to Sailors and provides additional support to commands to help reintegrate Sailors after a suicide-related behavior. Many Sailors prefer a caring contact from outside the command and appreciate the support from a voice outside the “skin of the ship.” A SAIL Case Manager will contact the Sailor and educate them on the program and SAIL services. Once contact is made, the Sailor can decide whether to participate in the program.

SAIL is not treatment. Rather, SAIL is a support network to assist the Sailor in navigating support services throughout their recovery process. Suicide prevention requires ongoing efforts to promote health and a sense of community.

Per [NAVADMIN 021/21](#), the Navy adjusted procedures for the SAIL program—now requiring Commanding Officers (COs) to take a more proactive approach to ensure Sailors at risk for suicide establish communication with SAIL Program case managers. Effective March 1, 2021, SAIL procedures require COs to verify that Sailors who have experienced a suicide-related behavior have been referred to the SAIL Program and contacted by the SAIL Case Manager to ensure that no Sailor falls through the cracks. This update in policy strengthens communication between Sailors and SAIL case managers by involving both in the initial contact process. After the Sailor is contacted, participation in the SAIL programs remains voluntary, but leaders are encouraged to take an active role in seeing that Sailors get the help and resources they need. For assistance in contacting the SAIL Case Management Team, please access the following link: <https://www.milsuite.mil/book/docs/DOC-929099>

SPCs are encouraged to invite the designated SAIL Team to the command to connect with the command TRIAD (CO, XO, CMC). If there is an opportunity, such as an All Hands Call or GMT, SPCs should invite the SAIL Team to talk about the SAIL Program and answer any questions the CO may have.

### Sailor Assistance and Intercept for Life



#### Why SAIL?

- Evidence shows that suicide-related behaviors significantly increases the risk of suicide, and evidence-based interventions are needed within the immediate months following suicide-related behaviors (90 days) to ensure a Sailor's safety.
- Programs that encourage support, provide ongoing caring contacts and help people navigate medical systems following a suicide-related behavior reduce deaths by suicide.
- The most effective programs provide a range of different elements of support and collaboration with multiple stakeholders.
- According to the Navy Suicide Prevention Annual Multi-Disciplinary Case Review, about 40 percent of Sailors who died by suicide had a previous suicide-related behavior.



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## SAMPLE CONTENT

### Plan of the Day/Week Notes

The below plan of the week notes can be used during Suicide Prevention Month and throughout the year.

- Our ability to connect with others—especially during challenges or times of change and transition—is paramount in helping us navigate stress and consider helpful perspectives outside of our own. Healthy relationships built on trust and transparency boost our psychological health by aiding in our personal growth and providing us with a sense of community. It's important to remember the value of positive and strong social connections. Social connections aren't just those we have with friends and family—they extend to our professional lives in the form of peers, leaders, and mentors. Learn more about the role connection plays in our lives at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)
- We're all searching for meaning in life—whether it's through our relationships, our careers, our goals, or even within our day-to-day routines. You may ask yourself the “why” behind certain experiences or outcomes, and question how they all fit together in a “bigger picture” way. Meaning is often discussed in tandem with finding a sense of purpose, and a sense of purpose can be thought of as the things that energize you and connect you to your core values. Finding and maintaining a sense of purpose of meaning in life is a key protective factor against suicide. Learn more at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)
- Although some are planned in advance, the majority of suicides and attempts are impulsive reactions to stress, and many suicide attempts are made during a short-term crisis period. Storing lethal means properly can interrupt the impulse and give someone in crisis enough time to reconsider a suicide attempt. Practicing lethal means safety is one way you can support yourself and others in reducing suicide risk. Take a moment to understand how to reduce access to lethal means at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)
- Being told you are “tough” or “handle hard situations well” can feel like a badge of honor and convince you to take on obstacles alone to keep up the image. However, at some point in our lives we all need help from those around us. Even if we feel more at ease turning inward for answers, there are still moments that will require—and benefit from—the insights of others. Learn more about how asking for help is a sign of strength at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)
- Sometimes it can feel like stress is coming from all directions at once—from juggling work responsibilities, to navigating family life, to keeping up with friends, to running errands and paying bills, there's often a lot to get done or decisions to make. Even though you can't often control what life throws at you, you do have the power to manage how you respond and react to daily stressors. Controllability, one of the key Principles of Resilience, is about making choices that restore a sense of empowerment during adversity. Controllability is about recognizing emotions as they come, identifying problem-solving actions, and feeling confident in ways you can cope and practice self-care. Discovering ways to respond to stress that work for you might take practice, but it will help prevent the normal, daily stress from escalating to distress. Learn more at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)



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- Addressing psychological and behavioral health needs is essential to maintaining personal and mission readiness, and your ability to be there for others. However, concerns about career implications may lead to apprehension about seeking help. The truth is there are DoD-level policy protections in place to help prevent negative career impacts for those who seek proactive help. In fact, less than 1% of security clearance denials or revocations involve psychological health concerns or behavioral health support. Seeking help is a sign of strength. Further, it's an indicator of the good judgment and reliability needed to maintain a security clearance. Learn more about [mental health and security clearances](https://www.dcsa.mil/Portals/91/Documents/pv/DODCAF/resources/DCSA-FactSheet_Mental-Health.pdf) from the Defense Counterintelligence and Security Agency: [https://www.dcsa.mil/Portals/91/Documents/pv/DODCAF/resources/DCSA-FactSheet\\_Mental-Health.pdf](https://www.dcsa.mil/Portals/91/Documents/pv/DODCAF/resources/DCSA-FactSheet_Mental-Health.pdf)
- Alcohol is consistently associated with suicidal behavior, according to the National Institutes of Health. Consuming alcohol can lower inhibitions, increase impulsiveness and impair judgment. Alcohol misuse can also lead to social withdrawal, and all these attributes can lead to greater suicide risk. Seeking help early is a sign of strength. The Navy's non-disciplinary self-referral process allows Sailors to seek help and remain an active duty Sailor. The intent of a self-referral is to provide Sailors with a means of intervening in the progression of alcohol misuse early enough to get help before a problem becomes more advanced and difficult to resolve without disciplinary action. Learn more about self-referral at [mynavyhr.navy.mil](http://mynavyhr.navy.mil) and get answers to some frequently asked questions in the [Brandon Act Self-Referral Fact Sheet](#).
- Suicide Prevention Month is an opportunity to reenergize the conversation about suicide prevention and set a positive tone about being there for yourself and others throughout the year. Connection plays a critical role in preventing suicide, building resilience, and maintaining overall psychological and emotional wellness. Positive social relationships and supportive community connections can help buffer the effects of risk factors in people's lives. Use this month to find everyday ways to connect with others—and ways to carry that forward into the coming months. Bringing a shipmate a cup of coffee, sharing a meal together, asking how someone is doing, or lending a listening ear may seem small, but these small ACTs can have a big impact when someone is feeling disconnected. 1 Small ACT can make a difference and save a life. For more ways to be there for every Sailor, every day, visit [www.facebook.com/Project1SmallACT](https://www.facebook.com/Project1SmallACT) or [www.twitter.com/Proj1SmallACT](https://www.twitter.com/Proj1SmallACT)
- The qualities that shape great leaders are often qualities many of us try to emulate—whether it's balancing assertiveness with respect, mentoring with confidence, or fostering a supportive environment, we all know some of the key components that go into building and maintaining resilient teams. Even if you are not in a formal leadership role, there may still be individuals looking to you for guidance to help inform their decisions. Role modeling positive behaviors for your peers, family members, and friends not only helps fuel your personal growth, but can also impact those around you for the better.



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- Did You Know? Suicide risk is highest in the 90 days following a suicide attempt or other suicide-related behavior (SRB). Access to care is critical, but in some locations can be difficult due to manning and other factors. The Sailor Assistance and Intercept for Life (SAIL) program prevents care from falling through the cracks. SAIL is that continuous caring contact during the first 90 days after a suicide-related behavior to ensure the Sailor has ongoing resources and support. SAIL is not therapy and does not replace therapy or the care the Sailor may receive from medical and chaplains. It is risk assessment, safety planning and all the additional resources that FFSC offers to support our Sailors. Learn more about how the recent updates to the SAIL program strengthens communications at [mynavyhr.navy.mil](https://mynavyhr.navy.mil)



Photos courtesy of Project 1 Small Act, Flickr










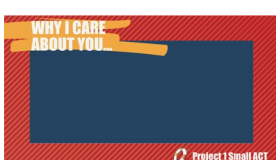

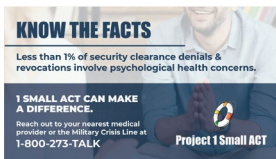

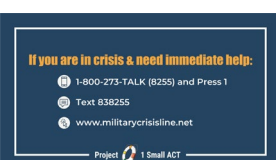



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## Social Media Messages and Graphics









Use the following social media messages on personal or command/organization-operated social media accounts. Additional graphics are available on [Flickr](#).

Platform	Message	Graphic (Click to Download)
	<p>Did You Know: Feeling connected to others can help reduce the isolation of suicidal thoughts, which often stem from a desire to stop intense pain rather than a desire to die.</p>	
	<p>Suicide Prevention is: Working hand-in-hand to help those at risk. Know the warning signs. Practice asking the hard questions, like "are you thinking of killing yourself?" Reach out. Offer support. Follow up. Together we can #BeThere for #EverySailorEveryDay</p>	
	<p>Self-care is an essential part of our wellness that deserves the same attention as any other important aspect of our lives. One way to make sure our self-care doesn't fall off your to-do list? Build a self-care plan: #selfcareisntselfish</p>	
	<p>Regularly sharing caring words and messages helps individuals feel more connected. Whether it's a shipmate, coworker, friend, family member, or someone else important to you, expressing to others that you care about them goes a long way. Caring is at the heart of connectedness. #connecttoprotect</p>	
	<p>Less than 1% of security clearances are revoked or denied for mental health reasons. Be proud of yourself for seeking help and be candid during a clearance process.</p>	
	<p>You know your shipmates best. If you notice even a small change in their behavior, trust your gut. Reach out, ask how they are doing, and actively listen to their response. Offer hope and support and also connect them with the people and resources that can help, like the Military Crisis Line. Call 24/7: 1-800-273-8255, press 1, text 838255 or chat <a href="https://www.veteranscrisisline.net/get-help/military-crisis-line">https://www.veteranscrisisline.net/get-help/military-crisis-line</a></p>	
	<p>Knowing that a friend, shipmate, or loved one is struggling with their mental health can be scary and confusing. You may feel powerless, but you can make a difference by listening, being prepared, and knowing when (and how) to ACT. #ISPATHWARM</p>	



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	<p>ACT (Ask. Care. Treat.) when you notice a change – no matter how small it may seem. #trustyourgut #1SmallACT</p>	
	<p>The real factors that heavily influence clearance status are whether an individual is trustworthy, dependable, reliable and shows good judgment. Seeking help when you face a problem—including a mental health problem—actually demonstrates trustworthiness, dependability, reliability, and good judgment—the very factors being vetted for a security clearance. #KnowTheFacts #ShareTheFacts #1SmallACT</p>	
	<p>Although some are planned in advance, the majority of suicides and attempts are impulsive reactions. Limiting access to lethal means, like securely storing personally owned firearms, can be lifesaving. #1SmallACT</p>	
	<p>Did You Know? Suicide risk is highest in the 90 days following a suicide attempt or other suicide-related behavior.</p> <p>Annually, an average of 35% of Sailors who died by suicide had previous mental health care but for various reasons declined to continue those services or didn't return to care when problems resurfaced. SAIL prevents care from falling through the cracks and is that critical caring contact during the first 90 days after a suicide-related behavior to ensure the Sailor has ongoing resources and support.</p>	



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## Stress Navigation Plan

# 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.



### USE THIS PLAN DURING TIMES OF:

Transition and changes

Work or career stress

Relationship issues

Financial stress

Feelings of despair/loneliness

Grief or loss



## CONSIDER THESE STRATEGIES OR ACTIONS WHEN YOU'RE FEELING STRESSED:

- Exercise
- Get outside
- Call a friend
- Watch a favorite movie
- Read a book
- Listen to music

## SIGNS TO HELP RECOGNIZE WHEN YOU'RE STRESSED:



**PHYSICAL SIGNS** change in energy level, muscle tension, etc.



**EMOTIONAL SIGNS** negative thoughts, feeling overwhelmed, easily agitated, etc.



**SOCIAL OR BEHAVIORAL SIGNS** spending less time with friends/family, increased use of alcohol or tobacco, etc.



### ASK YOURSELF:

WHAT ARE YOU GRATEFUL FOR TODAY?

WHAT IS ONE THING YOU LOOK FORWARD TO ACCOMPLISHING IN THE FUTURE?



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**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.**

## IS PATH WARM? KNOW THE WARNING SIGNS

- I**deation: Thoughts of suicide (expressed, threatened, written)
- S**ubstance abuse: Increased or excessive alcohol or drug use
- P**urposelessness: Seeing no reason for living or meaning in life
- A**nxiety: Anxiousness, agitation, nightmares or inability to sleep
- T**rapped: Feeling as though there is no way out of current situation
- H**opelessness: Feeling hopeless about oneself, others or the future
- W**ithdrawal: Isolating from friends, family, usual activities, society
- A**nger: Feelings of rage or uncontrollable anger, seeking revenge
- R**ecklessness: Acting without regard for consequences
- M**ood change: dramatic changes in mood, unstable mood

### CONFIDENTIAL, 24/7 SUPPORT FOR STRESS:

**MILITARY ONESOURCE:**

call 1-800-342-9647  
visit [www.militaryonesource.mil](http://www.militaryonesource.mil)

**988 SUICIDE & CRISIS LIFELINE:**

dial 988 then press 1  
text 838255  
visit [www.veteranscrisisline.net/](http://www.veteranscrisisline.net/)

**GIVE AN HOUR:**

visit <https://giveanhour.org/get-help/>

**CRISIS TEXT LINE:**

text 741741

### TO PROMOTE RECOVERY

IT'S OKAY TO SPEAK UP WHEN YOU'RE DOWN

**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.



### IF YOU ARE IN CRISIS AND NEED IMMEDIATE HELP:

**CALL** Military Crisis Line for 24/7 confidential support at 1-800-273-TALK (8255) and Press 1

**TEXT** 838255

**VISIT** [www.militarycrisisline.net](http://www.militarycrisisline.net) for chat support.



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## CARING CONNECTIONS: 'CARE' IN ACTION

Protective factors against suicide include sense of community and belonging, strong connections with family and friends, sense of purpose and personal fulfillment, and contribution or responsibility to others. Whether you send a quick text or a message on social media to a friend on deployment or send a handwritten letter to a family member that lives in a different state, offering simple words of support and concern can have a positive impact on a loved one's psychological health.

While you may notice when a fellow shipmate or loved one isn't acting like themselves, it may be hard to know what you can do to respond. Sometimes, all it takes to bolster someone's outlook is a simple gesture. For those potentially at-risk for suicide or suicide-related behavior, regularly sharing caring words and messages of encouragement can help individuals feel more connected.

Connectedness and trust are key protective factors against suicide. Although risk factors associated with suicide related behaviors (SRBs) do not cause or predict suicide, several relate to social connection: 1) Lack of social support and sense of isolation; 2) Loss of relationship or significant personal loss; and 3) Feeling like a burden to others, helplessness. At the heart of the Caring Connections graphics is the acknowledgement of the importance of connection in suicide prevention, resilience, and overall wellness. Positive social relationships and supportive community connections can help buffer the effects of these risk factors in people's lives.

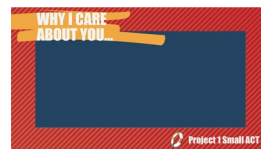
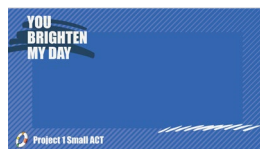
Postcard-style templates for use on social and digital media channels are available for download on our [Flickr](#) page. Some templates have been formatted as Facebook posts, while others are vertical for easy screenshot and mobile device shareability. Encourage your shipmates to fill in the postcards on their mobile devices and share them with a friend or loved one as a way to check in. Sharing supportive messages with those around us in one way to #BeThere for every Sailor, every day.

**The Importance of Connectedness**

**IN CASE YOU NEED TO HEAR THIS...  
YOU MATTER.**

Project 1 Small ACT

**Connectedness and positive social support are frequently cited as protective factors against suicide and other destructive behaviors. According to the [Suicide Prevention Resource Center](#), "positive and supportive social relationships and community connections can help buffer the effects of risk factors in people's lives."**





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## CONVERSATION STARTERS

Save and share these 'recipe cards' (linked) that provide a how-to for starting conversations around mental health.



### RECIPE FOR A SUCCESSFUL MENTAL HEALTH CONVO

**LEVEL:** Medium to Hard  
**TIME:** 20-30 minutes  
**SERVES:** Everyone

#### MENTAL PREP

Go into the conversation prepared with a list of available resources they could use in case it becomes clear they need additional support. You are being a great person by starting this conversation – but you're not a mental health professional. If the person you care about has told you they're thinking of self-harm or suicide, it's a warning sign that they should speak with a mental health professional.

#### INGREDIENTS

- The easiest way to let people know you're willing to talk about mental health is to be open about your own. Try to think of it in the same way you think about your physical health.
- Speak to them privately. Always start with a caring expression, followed by an observation.
- Let them know you get it, and that you understand it's both okay and normal to have both easier and harder mental health days.

#### DIRECTIONS

- "Maybe it's me, but I was wondering if you were ok?"
- "Hey, I've noticed you've seemed kind of down lately. What's going on? Is everything ok?"
- "Hey, we haven't talked in a while and I wanted to reach out. How are you doing?"
- "I've noticed recently that you haven't seemed like yourself lately. How are you?"
- ""I was just thinking about the time when [share a fun memory] and wanted to check in."
- "I know you're going through some stuff. I just wanted to reach out and let you know that if you ever want to talk, I'm here for you."
- "This might seem awkward, but I'd like to know how you're really doing and if you're really alright."
- "Hey, you seemed frustrated today. I'm here for you. Want to chat?"
- "I feel like something's up, and I want to support you. Do you want to talk about what's going on?"
- "Are you okay? I'm worried about you. You don't seem like yourself lately."
- "I just want you to know that I know life can be overwhelming sometimes. So, if you need to talk, I'm here."
- "Hey, is there anything you want to get off your chest?"
- "Listen, you're my friend, and I just want to know honestly how you're feeling."
- "I care about you, and I just want to be there to support you."
- "Whatever you are going through, I've got your back."



# Project 1 Small ACT

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## RECIPE FOR A SUCCESSFUL MENTAL HEALTH CONVO

**LEVEL:** Medium to Hard  
**TIME:** 20-30 minutes  
**SERVES:** Everyone

### INGREDIENTS

- Let people know you're willing to talk about mental health by being open about your own.
- Speak to them privately. Always start with an expression of care, followed by an observation.
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- "This might seem awkward, but I'd like to know how you're really doing and if you're really alright."



# Project 1 Small ACT

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## Project 1 Small ACT Mental Health Motion Graphic Video

Launched in September 2021, the Project 1 Small ACT campaign's video PSA, 'What Three Words Can Do,' outlines the power that three words can have in opening the door for honest and authentic conversations about mental health. The video addresses how three words can open the door for help.

Navy Suicide Prevention focus group findings have consistently found that Sailors want to be there for each other and have open, honest conversations about mental health with their shipmates. They express wanting to reach out and be there for their friends and family if something feels off or if they are worried about their mental health. However, Sailors also express that starting the conversation can feel hard, or that they feel worried about saying the wrong thing.

Key focal points of the video include:

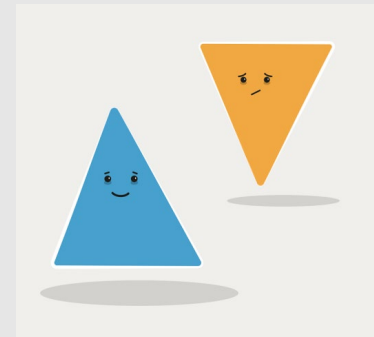
- Encouraging viewers to reflect on the power of reaching out to ask if someone is okay
- Providing some examples of how to start the conversation
- Illustrating how 1 Small ACT can make a difference in someone's life
- Demonstrating connection and care in action

The **video** is available for sharing on the Project 1 Small ACT YouTube page, located here:

<https://www.youtube.com/watch?v=T-kynYwaOsM&t=1s>.

Please share this video, follow Project 1 Small ACT on Facebook (@Project1SmallACT) and Twitter (@Proj1SmallACT), and check out [Suicide.navy.mil](https://suicide.navy.mil) to learn more about how 1 Small ACT can make a difference in your life and others'.

### What Can Words Do?



Anyone can, and should, have open, honest, and authentic conversations about mental health. In many instances, the small act of talking about mental health can be the first important step in helping someone feel connected and helping them get support or treatment they need.

Studies show that asking people who are at increased risk for suicide if they are thinking about suicide **does not increase suicides or suicidal thoughts**. In fact, studies suggest exactly the opposite—that talking about and acknowledging suicide may reduce suicidal ideation.

Check out the following resources for more information about starting conversations about mental health:

- The National Suicide Prevention Lifeline's #BeThe1To Campaign: <https://www.bethe1to.com/bethe1to-steps-evidence/>
- The American Foundation for Suicide Prevention's Real Convo Series: <https://afsp.org/realconvo>
- The Project 1 Small ACT Campaign's Mental Health Conversation Starter '[Recipe Cards](#).'





# Project 1 Small ACT

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## SPREAD THE TRUTH: SUICIDE PREVENTION FACTS AND KEY MESSAGES

Share the following facts and key messages to reshape the conversation about suicide, encourage conversations supportive of safe storage and lethal means safety, and promote a culture supportive of psychological health. Additional resources to help you convey this information, such as posters and digital graphics, can be found in this toolkit and on

[www.suicide.navy.mil](http://www.suicide.navy.mil).

- **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.** Active communication is important, especially when a Sailor is alone and away from his or her support networks.

### Did You Know?



According to Navy Suicide Prevention Program's annual multi-disciplinary case reviews, a majority of Sailors who die by suicide experience a combination of stressors prior to death that have been historically associated with suicides in the Navy. These stressors include:

- Intimate relationship problems
- Loss (death of a friend or loved one, etc.)
- Disrupted social network
- Disciplinary and/or legal issues
- Work problems (performance and conduct, work relationships, etc.)
- Sleep problems
- Financial strain



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- **When it comes to warning signs, remember IS PATH WARM:** Ideation, Substance abuse, Purposelessness, Anxiety, Trapped, Hopelessness, Withdrawal, Anger, Recklessness, and Mood changes. These signs may indicate that a person is at immediate risk of suicide. You don't have to see every sign to intervene.
- **Practicing means safety by ensuring that highly lethal methods of suicide are out of reach during times of increased stress has been proven effective at preventing suicide.** Highly lethal methods of suicide include but are not limited to firearms and some prescription medications. Sailors most frequently take their own lives using personal firearms, even those with no mental health treatment history. Everyone is potentially at risk for suicide—for added safety, store personally owned firearms with a gun lock in a secured safe separate from ammunition, preferably outside the home during times of increased stress. Additionally, dispose of unwanted, unused, or expired medications by emptying them into a sealable plastic bag with used coffee grounds or another undesirable substance and throwing the bag and empty bottles in the trash. Use a dark marker to cross out your personal information from the label. The Military Health System has also established a year-round prescription drug take back program using safe, convenient, and anonymous drop boxes placed at Military Treatment Facilities (MTFs). Check with your local MTF to see if they are participating in this program.
- **Per OPNAVINST 1720.4B, Sailors can work with their commanding officers and health professionals to arrange safe storage of their personal firearm during a high-risk period.** This 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.
- **Seeking help to promote personal wellness and recovery may favorably impact a person's security clearance eligibility.** Less than one percent of security clearance denials and revocations involve psychological health concerns. It's okay to speak up when you're down.
- **Most people who consider suicide do not want to die; they want their pain to stop.** Very few people who consider suicide are determined to end their life. Traumatic life events or jolting changes may surpass a person's ability to cope and cause feelings of hopelessness and burdensomeness. While treatment should be handled by a professional, you can take the first life-saving steps by reaching out, offering hope, and seeking help.
- **Suicide risk is highest in the 90 days following an attempt or other suicide-related behavior. Access to care is critical.** The Sailor Assistance and Intercept for Life (SAIL) program offers a series of caring contacts, risk assessment and reintegration assistance following a suicide-related behavior to promote recovery. Participation is voluntary and does not replace mental health services but is designed to bring together support and tools to reduce risk and promote resilience.



# Project 1 Small ACT

1 Small ACT can make a difference or save a life.

- **1 Small ACT can make a difference and save a life. Be there for Every Sailor, Every Day.** All members of the Navy community should lead by example and take proactive steps towards strengthening physical, psychological, and emotional wellness daily, 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.** If you think a shipmate is having trouble navigating stress, ACT (Ask, Care, Treat):
  - Ask – Ask directly, “are you thinking of killing yourself?” or “does it ever get so tough that you think about ending your life?”
  - Care – Listen without judgment. Show that you care “I’m right here with you,” “nothing you’re going through changes how I feel about you, and how great I think you are” or “I care about you no matter what, and we’re going to get through this together”
  - Treat – Get help immediately and don’t leave the Sailor alone. Escort them to the nearest chaplain, trusted leader, or medical professional for treatment



## I will...

Take Action to reduce the number of suicides each year. If you ask, I will share my experience as a survivor of suicide loss.

I wear White for the loss of my son.





# Project 1 Small ACT

1 Small ACT can make a difference or save a life.

## BEST PRACTICES FOR SAFE SUICIDE PREVENTION MESSAGING

The way 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> and the [DSPO Safe Messaging Guide](#).






# Project 1 Small ACT

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## ADDITIONAL POSTERS, GRAPHICS, AND RESOURCES

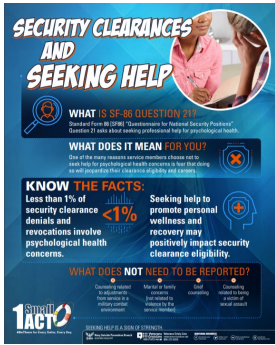
The following resources address key campaign topics for 2023 Suicide Prevention Month and can be shared and displayed throughout FY-24. They are available for download from the Navy Suicide Prevention Program website on [www.suicide.navy.mil](http://www.suicide.navy.mil) ([suicide.navy.mil](http://www.suicide.navy.mil) > [Every Sailor, Every Day](#) > [Get Involved](#)) using the links below. Links to digital versions of each graphic are also provided for use on social media. For additional posters and graphics, visit <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Suicide-Prevention/Informational-Products/>.

Graphic Thumbnail	Description & Link
	<p><b>Warning Signs Poster</b></p> <p>Describes immediate warning signs of suicide using American Association of Suicidology’s IS PATH WARM mnemonic device and details how to intervene.</p> <p><a href="#">Social Media Graphic Poster</a></p>
	<p><b>Lethal Means Safety Poster, Version 1</b></p> <p>Part of an ongoing series addressing ways to practice lethal means safety during times of increased stress.</p> <p><a href="#">Social Media Graphic 1 Poster</a> <a href="#">Social Media Graphic 2 Poster</a></p>
	<p><b>Lethal Means Safety Poster, Version 2</b></p> <p>Part of an ongoing series of social media images addressing lethal means safety during times of increased stress.</p> <p><a href="#">Social Media Graphic Poster</a></p>



# Project 1 Small ACT

1 Small ACT can make a difference or save a life.



## Security Clearance Poster, Version 1

Promotes the positive impacts that seeking help for psychological health concerns can have on one's security clearance eligibility and includes guidance on treatment that does not have to be reported when answering the security clearance questionnaire.

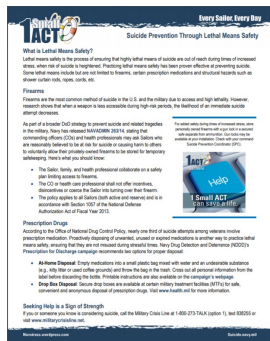
Poster  
Social Media Graphic 1



## Security Clearance Poster, Version 2

Promotes the positive impacts that seeking help for psychological health concerns can have on one's security clearance eligibility and includes guidance on treatment that does not have to be reported when answering the security clearance questionnaire.

Poster  
Social Media Graphic 2  
Social Media Graphic 3



## Lethal Means Safety Fact Sheet

Single page fact sheet addressing ways to practice lethal means safety, including firearm storage, use of gun locks and prescription drug disposal. Includes information on accessing free gun locks in the fleet.

Fact Sheet



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>This month, commit to accomplishing 1 Small ACT each day to build healthy habits, be there for others, and help prevent suicide. Navy Suicide Prevention is committed to having year-long conversations on how to Connect to Protect.</p>					<p><b>1 Reflect.</b> It's the first day of Suicide Prevention Month! Consider what suicide prevention means to you.</p>	<p><b>2 Practice safety.</b> Take a moment today to ensure firearms or medications are properly secured and stored.</p>
<p><b>3 Prepare your favorite meal.</b> What we eat is one of the most important elements of good physical and mental health.</p>	<p><b>4 Be in the here and now.</b> Remind yourself to focus on one task at a time—it will help you remember the details later on.</p>	<p><b>5 Take a step back.</b> Dealing with a setback? Take the time you need to process what has happened and avoid rushing into finding solutions before thinking through options.</p>	<p><b>6 Create space for rest.</b> Make scheduling intentional, daily rest a regular part of your day, even if you can only spare a few minutes at a time.</p>	<p><b>7 Stop and smell the roses.</b> When possible, take time to get outside. Connecting with nature is a great way to de-stress.</p>	<p><b>8 Take the 'me' out of mealtime.</b> Share a meal with your family or shipmates. That sense of belonging when you share a meal is a protective factor against stress and suicide.</p>	<p><b>9 Flex your gratitude muscle.</b> Make a gratitude board to help remind you what you're thankful for and looking forward to when times get stressful.</p>
<p><b>10 Combat the "Sunday Scaries."</b> Create a Sunday night or Monday morning routine that gives you something to look forward to.</p>	<p><b>11 Say it with us: Suicide is preventable.</b> Brush up on your knowledge about warning signs &amp; risk and protective factors.</p>	<p><b>12 Make social media a healthy space.</b> Take 10 minutes to go through your social media. Unfollow or unsubscribe from content that no longer serves you.</p>	<p><b>13 Secure firearms.</b> Store personally owned firearms with a gun lock in a secured safe separate from ammunition, and preferably outside the house during times of increased stress.</p>	<p><b>14 Make connection key.</b> Send a 'thinking of you' text or call to a friend or loved one.</p>	<p><b>15 Reach out.</b> Reach out to 3 people in your support and work networks—say hello, ask how they're doing, share a compliment, crack a joke—connection with others helps prevent suicide.</p>	<p><b>16 Get your ZZZ's.</b> Establish a healthy, soothing pre-sleep routine like reading a book, limiting screen time, and/or meditating.</p>
<p><b>17 Stop, lock, and live.</b> Practice firearm safety via cable locks, gun cases, lock boxes, or gun safes to help keep yourself and those in your home safe.</p>	<p><b>18 Get comfy in your own company.</b> Healthy alone time is a great way boost creativity and create social energy. Schedule a date or activity with yourself this week.</p>	<p><b>19 Focus on what you can control.</b> Spend energy on what you can change—either in yourself or what's happening around you—to help practice Controllability.</p>	<p><b>20 Give yourself a pep talk.</b> Take a moment in the morning to tell yourself some positive affirmations.</p>	<p><b>21 Share a laugh.</b> Humor is great for stress relief. Share a joke or a funny post or video with friends.</p>	<p><b>22 Call a timeout.</b> Breaks come in all shapes and sizes. Sometimes, all you need is a few minutes to yourself to feel recharged and ready to tackle what's next.</p>	<p><b>23 Remember help is available.</b> There is always someone who can help. The Suicide &amp; Crisis Lifeline is available 24/7/365, dial 988, press 1.</p>
<p><b>24 Find meaning in the day-to-day.</b> Take a moment to reflect on what is most important to you and then find a way to live that daily.</p>	<p><b>25 Reach out to a chaplain.</b> What you say to a Navy chaplain stays with a Navy chaplain unless <u>you</u> decide otherwise.</p>	<p><b>26 Be proud.</b> Write a list of your accomplishments and let yourself be proud. Nothing is too big or too small to count.</p>	<p><b>27 Take a breath.</b> Breathe in. Pause for a count of 3. Breathe out. Pause for a count of 3. Continue for 60 seconds.</p>	<p><b>28 Get active.</b> Exercise boosts mental health. Try this: 50 air squats, 25 burpees, 40 sit-ups, 25 burpees, 30 push-ups, 25 burpees.</p>	<p><b>29 Name your feeling.</b> Being able to name the emotion you're experiencing can help create the necessary space to allow us to choose how to respond.</p>	<p><b>30 Keep it going!</b> Follow us for more small ACTs to support psychological well-being and suicide prevention all year long.</p>



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## DEFENSE SUICIDE PREVENTION OFFICE OUTREACH RECOGNITION

DSPO conducts its annual DoD Suicide Prevention Month Outreach Recognition to recognize one exemplary installation from each of the Services, including the Reserve and National Guard. This recognition award honors the installations with the most dedicated and influential efforts commemorating Suicide Prevention Month as well as contributing to the broader 365-day conversation and suicide prevention efforts throughout the year. This period of observation, from October 1, 2022 through September 30, 2023 not only amplifies the Department's emphasis on year-round suicide prevention efforts, but also gives opportunity for installations to continue their "Connect to Protect: Support is Within Reach" themed campaigns throughout the year.

Recipients will be recognized for their efforts to be there for Service members, their families, and DoD civilians by educating, engaging, and building community support for suicide prevention.

All Navy events must adhere to the safe messaging guidelines included on pg. 29 to convey a positive narrative and ensure they do not unintentionally place vulnerable individuals at increased risk. Additionally, Navy events should promote one or more of the following Navy Suicide Prevention Program concepts:

- The importance of lethal means safety, firearm safety, and secure storage and how to practice that safety during periods of increased stress
- How to recognize suicide risk factors, protective factors, and warning signs
- Practicing proactive self-care techniques
- Encouraging early intervention and seeking help
- Promoting open, positive, and ongoing dialogue about stress, coping skills, mental wellness, and suicide
- How to ask the hard questions and start conversations with shipmates, friends, and loved ones
- Demonstrate practical applications of the "1 Small ACT," "Connect to Protect," and/or "Be There" messages

### How To Nominate

To be considered for recognition, complete the nomination form, and submit it through the appropriate chain of command to the Navy Suicide Prevention Program, who will route submissions through the Assistant Secretary of the Navy for Manpower & Reserve Affairs (M&RA) for signature prior to submission to DSPO.

- Email the approved submission to the Navy Suicide Prevention Program ([suicideprevention@navy.mil](mailto:suicideprevention@navy.mil)) no later than November 30, 2023. DSPO will only accept nominations completed with the following signatures:
  - Installation Suicide Prevention Program Manager (or equivalent) signature
  - Installation/Garrison Commander signature
  - Services Headquarters Suicide Prevention Program Manager signature
  - M&RA signature





# Project 1 Small ACT

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- Submit only one nomination per installation. Multiple nominations received from the same installation will not be accepted
- Provide a no more than 1,000-word narrative, using 12-point Times New Roman font, describing your installation's event(s) and/or activity/activities from 1 October 2022 through 30 September 2023. Include pictures, fliers, and other supporting material
- Include specific, measurable, achievable, relevant, and timely (SMART) measures of effectiveness of each activity or event (i.e., qualitative or quantitative data demonstrating how the event(s) and activity/activities impacted the community)
- Submit only event(s) and activity/activities which occurred any time during the period from 1 October 2022 through 30 September 2023

## Nomination Criteria

**Audience:** Event(s) and/or activity/activities must target Service members and their families, and may also include other relevant members of the military community including DoD civilians, veterans, and service/support organizations

**Documentation:** Package must include documented participation in suicide prevention events and activity/activities (e.g., photos, fliers)

**Effectiveness:** Event(s) and activity/activities must include measurable means (e.g., number of personnel who participated, survey outcomes)

**Timeframe:** Event(s) and activity/activities must occur any time from October 1, 2022 through September 30, 2023

**Theme:** Event(s) and activity/activities must support the DoD-wide theme—Connect to Protect: Support is Within Reach—through efforts to promote suicide prevention education, resources, connectedness, and help-seeking among Service members and their families. *These efforts can include the following:*

- Advocacy for public health approaches to suicide prevention and continuum of care
- Activities promoting help-seeking behaviors
- Reinforcing the DoD Connectedness theme and the Connect to Protect: Support is Within Reach slogan
- Raising awareness about Service member and veteran programs and services
- Reaching out to those affected by suicide

**Overall effort:** Installation must provide a comprehensive installation suicide prevention program

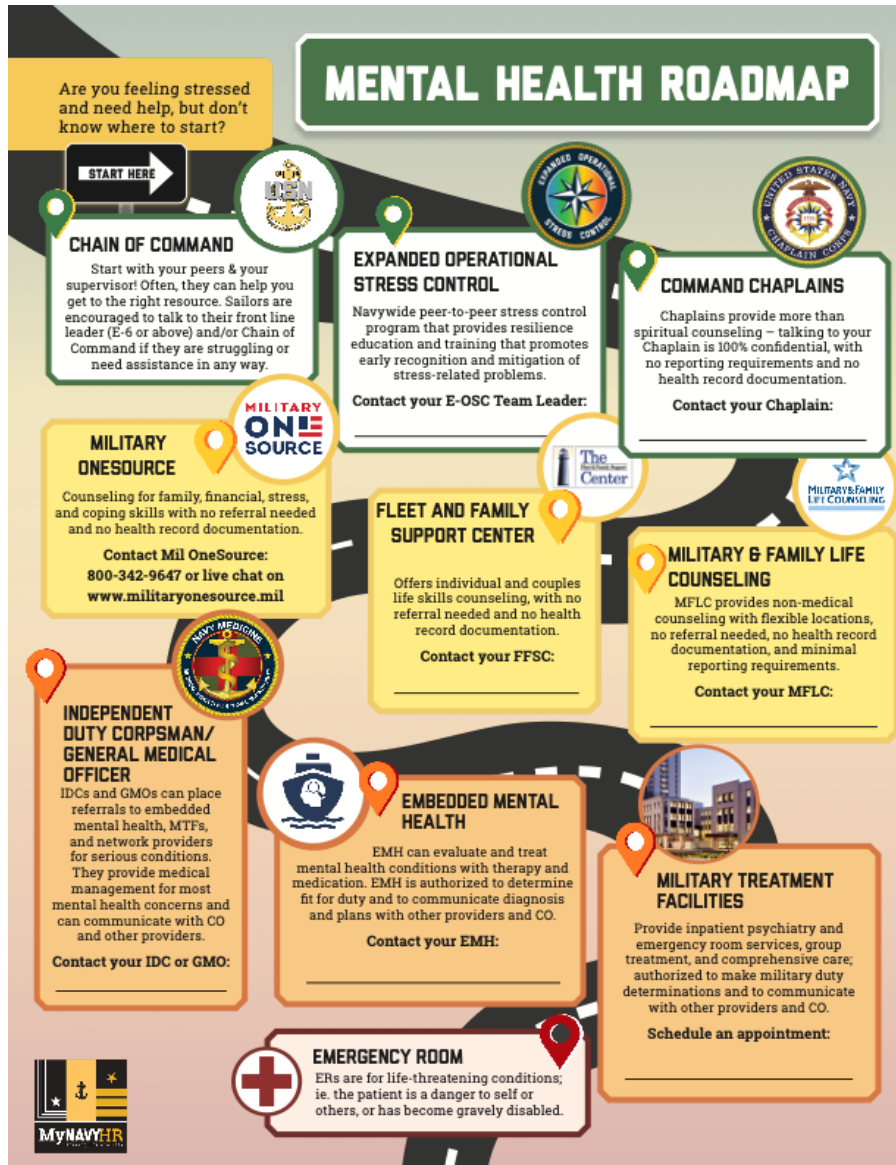


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## MENTAL HEALTH ROADMAP

Are you feeling stressed and need help, but don't know where to start? The **Mental Health Roadmap** provides a concise list of resources and plan of action to help guide your journey.



## Mental Health Playbook Version 1.1 is Live

The **Mental Health Playbook** is a tool for the Fleet to assist in prevention, mitigation, or addressing of mental health issues within commands. Version 1.1 includes information and guidance on the Self-Initiated Referral Process for Mental Health Evaluations of Service Members (**The Brandon Act**) further empowering Sailors to seek help if they need it.



# Project 1 Small ACT

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## Where to Get Help:

- Your local Navy chaplain, Fleet and Family Support Center (FFSC) or medical
- Military Crisis Line:
  - **Call:** 988, press 1
  - **Text:** 838255
  - **Chat online:** <https://www.veteranscrisisline.net/get-help/chat>
- Military OneSource: call (800) 342 9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil)
- Sailor Assistance and Intercept for Life (**SAIL**)
- Crisis Text Line: text 741741

## Additional Resources:

- Defense Suicide Prevention Office: [www.dspo.mil](http://www.dspo.mil)
  - Postvention Toolkit: <https://www.dspo.mil/Portals/113/Documents/PostventionToolkit.pdf>
  - Leaders Suicide Prevention Safe Messaging Guide: [https://www.dspo.mil/Portals/113/Documents/DSPO\\_LSP\\_SafeMsgGuid%20\(Final\).pdf?ver=opq1ACha5G4DEMHSWeZ1lw%3d%3d](https://www.dspo.mil/Portals/113/Documents/DSPO_LSP_SafeMsgGuid%20(Final).pdf?ver=opq1ACha5G4DEMHSWeZ1lw%3d%3d)
  - Means Safety for Military Service Members: [https://www.dspo.mil/Portals/113/Documents/3\\_%2020201103\\_DSPO\\_TAB%20A\\_Means%20Safety%20Guide\\_v33\\_508.pdf?ver=DI9hONmZFrjvYH8jDVUyA%3d%3d](https://www.dspo.mil/Portals/113/Documents/3_%2020201103_DSPO_TAB%20A_Means%20Safety%20Guide_v33_508.pdf?ver=DI9hONmZFrjvYH8jDVUyA%3d%3d)
- Suicide Prevention Resource Center: [www.sprc.org](http://www.sprc.org)
- American Foundation of Suicide Prevention: [www.afsp.com](http://www.afsp.com)
- Human Performance Resource Center: [www.hprc-online.org](http://www.hprc-online.org)
- Navy and Marine Corps Force Health Protection Command: <https://www.med.navy.mil/Navy-and-Marine-Corps-Force-Health-Protection-Command/Population-Health/Warfighter-Wellness/>
- Suicide Prevention Training: <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Suicide-Prevention/Command-Leaders/GMT-and-Local-Training/>
- Project 1 Small ACT Campaign:
  - Facebook: <https://www.facebook.com/project1smallact>
  - Twitter: <https://twitter.com/Proj1SmallACT>
  - Flickr: <https://www.flickr.com/photos/navstress/>
  - YouTube: [www.youtube.com/user/navstress](http://www.youtube.com/user/navstress)
  - Suicide Prevention resources: [Suicide.navy.mil](http://Suicide.navy.mil)
- SPCs should use the following link to contact the SAIL Case Manager to ensure the Sailor has been contacted. <https://www.milsuite.mil/book/docs/DOC-929099>
- SAIL Commander's Toolkit: <https://www.navy.mwr.org/resources/marketing/cap/sail/sail-cdr-toolkit/>
- Command Resilience Teams (CRTs): <https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Equal-Opportunity/CRT/>
- Command Resilience Team Human Factors Council (CRTHFC): <https://www.mynavyhr.navy.mil/Portals/55/Support/21stCenturySailor/COE/Cultural%20Champion%20Network%20Quick%20Reference%20Guide.pdf?ver=Zoi3WvMWAIrFjrKK9o4Qnw%3D%3D>

Project 1 Small ACT campaign resources and materials will be released throughout September and FY-24 on [www.suicide.navy.mil](http://www.suicide.navy.mil). Follow us on **Twitter** @Proj1SmallACT, **Flickr** @OPNAVN171, like us on **Facebook** @Project1SmallACT and subscribe to our **Project 1 Small ACT** blog for more.