



1 SMALL ACT



RESOURCES

ASK FOR HELP

ASKING FOR HELP is a sign of **STRENGTH**

Being told you're "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 insight of others.

There are hundreds of reasons why people don't ask for help. We think we can handle it on our own, we fear hurting our reputation or judgment from others, or we've never asked for help before and it makes us hesitant to seek support – BUT seeking help is a sign of strength. (We know, cue the inspirational poster now...but it's true!) Recognizing when you need help doesn't make you weak. In fact, seeking help makes you an active player in your well-being and helps you be present for your family, friends, peers, and community. And for the record, asking for help and showing vulnerability is a leadership skill. It helps people trust you and allows them to share their concerns, as well.



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Even if you're not ready to ask for help yet, ***you are far from alone.***

If you want to ease into asking for help, encourage a friend to share their thoughts on a hypothetical situation. Take the advice they gave on that situation and apply it to yourself. You could even ask a family member to share a story of how they overcame a stressful event or got out of a bad situation. Seeing how they navigated tough moments in life can make you feel less alone. Knowing where you can turn is sometimes just as hard as deciding to ask for help. That's why the Fleet and Family Support Center has resources for almost every aspect of your life and career.



ASK FOR HELP

Even if you're not ready to ask for help yet, you are far from alone.

There are many resources available and even people willing to simply listen. You can reach out to your local Fleet and Family Support Center, Deployed Resilience Counselor, civilian or military mental health provider, or any of the following free and confidential resources:

988 SUICIDE & CRISIS LIFELINE

Connects active-duty service members and veterans in crisis with qualified and caring Dept. of Veterans Affairs responders through a confidential, toll-free hotline, 24/7. Support is available via telephone, mobile text or online.

Dial 988 then Press 1

Text 838255

MILITARY ONESOURCE

Offers free and confidential non-medical counseling via phone and live chat, 24/7. They also offer specialty consultations, with services including peer-to-peer support, wounded warrior support, health and wellness coaching, transition assistance and more.

Call 800-342-9647 (CONUS)



If you are struggling to ask for help, remember that it is a skill that takes time and practice. The more you do it, the easier it'll become. It might feel weird at first, like any new habit, but you'll eventually realize how much more insight you have once the people you trust have offered their perspective. Don't forget — reaching out is a sign of strength and shows you are in control of your own well-being!

WHERE TO GET HELP:

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

For access to more resources:



LEARN MORE!



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