



24/7 DoD Support Resources

Help is always available for Sailors and families.

- **Military Crisis Line** 24/7, confidential toll free support for service members and veterans in crisis. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net
- **Military OneSource** 24/7, confidential non-medical counseling available to service members and families. Call 1-800-342-9647 or visit www.militaryonesource.mil
- **Psychological Health Resource Center** 24/7, confidential professional health resource consultants available to service members, families, and clinicians. Call 1-866-966-1020 or visit www.realwarriors.net/livechat

It's not where the sea
takes you, but what it
makes you.



TOUGHNESS



TRUST



CONNECTEDNESS



Suicide Prevention



#BeThere for Every Sailor, Every Day.

Suicide Prevention

Sometimes We Get Out of Sync

Know the risk factors and warning signs.



Toughness is looking out for yourself and others – and starts with trust and connectedness. Noticing these signs may mean it’s time to recalibrate.



pause



reflect



breathe



Protective factors help us navigate stress and build resilience.

Protective Factors



Maintain wellness including proper nutrition, physical fitness and adequate sleep.



Stay connected with family, friends and shipmates. You matter and they care.



Practice lethal means safety like using a gun lock and storing ammunition separately during times of high-stress.



Seek help for challenges early and as often as needed.

Your Support Network

Local resources to help you navigate stress.

Navy Chaplains

Regardless of the subject matter or setting, what you say to a chaplain stays between you and the chaplain, unless *you* decide differently. Chaplains are bound by 100% confidentiality and can’t be compelled by the command, medical professionals or others to disclose what a service member or family member shares in confidence.

Visit your nearest chaplain or request Chaplain Care by calling **1-855-NAVY-311**.

Command Medical & Leadership

Your local clinic or military treatment facility offers a range of services to support your psychological health – and you can self-refer. Your leaders can also help you identify resources to navigate stress, while sharing valuable perspective and providing mentorship.

Fleet & Family Support Center (FFSC)

FFSCs provide specialized services ranging from non-medical counseling, crisis response, personal financial management, family advocacy, sexual assault prevention and response, transition assistance and more.

To find your nearest location, visit

<https://go.usa.gov/xPA5E>

Did You Know?

Less than 1% of security clearance denials and revocations involve psychological health concerns.

- A psychological health condition or seeking help **will not** automatically disqualify you for a clearance.
- Counseling related to adjusting from military combat, family concerns, grief or being a victim of sexual assault does not need to be reported.

Sign of Strength

Your mental health is just as important as your physical health

Help-seeking behavior is a sign of strength. It’s also a sign of the good judgment and reliability needed to maintain your career.



We build our teammates up to make them stronger.

1 Small ACT Can Make a Difference

Know the signs, where to turn, and when to ACT.

ASK

“Are you thinking of killing yourself?”

CARE

Listen without judgment. Take their answer seriously. Help them find and focus on their reasons for wanting to live.

TREAT

Help keep them safe and away from lethal means like cords, ropes, sharp objects, medications or firearms. Immediately reach out to the Military Crisis Line, or escort them to the nearest chaplain, provider or leader. Call 911 if danger is imminent.