



BRINGING WARRIOR TOUGHNESS TO LIFE

Providing Peer-to-Peer Support



STRENGTH COMES FROM UNITY

Every Sailor plays a part in keeping the team strong. Stress is real, but no one has to face it alone. Recognize the signs and step up to support each other to keep everyone focused and ready.

- ✓ Allows Sailors to notice when something is off
- ✓ Allows Sailors to know how to effectively engage

RECOGNIZE THE SIGNS

Stress doesn't always look the same. Be alert and tuned in. Look for:

- Sudden irritability or mood swings
- Trouble sleeping or focusing
- Withdrawal from teammates
- Shift in performance or behavior

STEP IN, SPEAK UP

The first step is being there. To create a safe, steady space:

- Ask open-ended questions.
- Listen without judgment.
- Stay calm and patient.
- Offer reassurance and a steady presence.

USE THE MENTAL HEALTH PLAYBOOK

The [Mental Health Playbook](#) offers practical tools. To build resilience and support others:

- Use Observe, State Observation, Clarify, Ask, and Respond (OSCAR) communication.
- Employ empathic listening.
- Connect to resources.
- Follow up.

TAP IN TO PEER-TO-PEER SUPPORT

Get confidential help from peers who understand. To support peers in a safe space:

- Connect with someone who's been there.
- Talk in a low-pressure, judgment-free setting.
- Visit [Military OneSource Peer-to-Peer Support](#).
- Know when to reach out for extra help.

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

