Every Sailor, Every Day

2014 Navy Suicide Prevention Month

Plan of the Day Messages

The following messages can be included within your command’s Plan of the Day or as daily social media posts during September and throughout the upcoming year. Each relates to the Every Sailor, Every Day concept by promoting peer support, personal wellness and resilience, bystander intervention and/or open communication.

1. Suicide prevention starts with everyday actions we can all take to build meaningful connections with our shipmates, staying actively engaged and making sure they know they’re never alone. For more information about 2014 Navy Suicide Prevention Month, visit www.suicide.navy.mil.

2. Today, let three people in your life know how they make a difference to you. Ask that they pass it on by honoring three people in their lives this way. For more ways to be there for Every Sailor, Every Day visit www.suicide.navy.mil.

3. Our minds, bodies, social experiences and spiritual connections are all vital to our resilience. Check out this blog for “A Closer Look at Resilience” [http://navynavstress.com/2014/07/16/a-closer-look-at-resilience/].

4. Vets4Warriors offers active duty and reserve service members, and their families access to 24/7, free and confidential support from Veteran Peers. For more information, visit www.vets4warriors.com or call 1-855-838-8255.


6. Being there for Every Sailor, Every Day means leading by example. We must be mindful of our own psychological...
and physical health on a daily basis, recognizing when it’s necessary to utilize available resources for support in navigating challenges. [http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx]

7. Three things you can do to be there for Every Sailor, Every Day—#1: Get involved! Take a moment to ask your shipmate how things are going—and actively listen. [http://www.navy.mil/submit/display.asp?story_id=81620]

8. Three things you can do to be there for Every Sailor, Every Day—#2: Break the code of silence! If you notice something that seems out of the norm for your shipmate, don’t hesitate to reach out to others that may know him or her well to “connect the dots.” [http://www.navy.mil/submit/display.asp?story_id=81620]

9. Three things you can do to be there for Every Sailor, Every Day—#3: Remind your shipmate that s/he is still a part of the team. A sense of community is a protective factor during adversity, and our connections with peers help to set a positive example and outlook. . [http://www.navy.mil/submit/display.asp?story_id=81620]

10. A sense of community is an essential component of a healthy life. Cohesion, belonging and support from others are protective factors during times of crisis. For more information on protective factors against suicide, visit www.suicide.navy.mil > Risk & Protective Factors.

11. Your chaplain is committed to being where it matters, when it matters when you need to talk in absolute confidence. Contact your command chaplain or call 1-855-NAVY-311 to request confidential support.

12. Often, when service members find ways to relate to one another, they feel more comfortable sharing information about positive stress navigation strategies and resources, reducing barriers to seeking help. Visit www.navynavstress.com for tips and resources to help you reach out and remain engaged with your shipmates.

13. Transitions can mean disruption to daily routines and separation from one’s social/support network. Ongoing communication is one way to be there for Every Sailor, Every Day, no matter where they are. [http://navynavstress.com/2014/06/11/pcs-season-is-here-keep-up-with-your-shipmates/]

14. Confidential help is always just a phone call away. If you or a shipmate are in crisis or need help navigating stress, call the Military Crisis Line at 1-800-273-TALK (select Option 1), text 838255 or visit www.veteranscrisisline.net.

15. Start the conversation with your shipmates now. Discussing stress openly is one of the most helpful things you can do to convince your shipmates that seeking help is a sign of strength. For more information on the “Truth About Sailors and Suicide,” visit www.suicide.navy.mil > Informational Products.
16. Be Ready! Our ability to navigate stress starts with a healthy and balanced diet; physical fitness; adequate sleep; financial readiness; and solid communications with our shipmates, leaders and families. Visit www.navynavstress.com for more resources to build resilience and mitigate stressors before they become crises.

17. Know the risk factors for suicide. Hopelessness and despair may be communicated verbally or through changes in attitudes and behavior. You can make a difference. For more information, visit www.suicide.navy.mil > Risk and Protective Factors.

18. Reaching out and accepting help is a sign of strength and ultimately enhances mission readiness. Know where your lifejackets are. [http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/SUICIDE_PREVENTION/Pages/SP%20Resources.aspx]

19. Postvention is Prevention. It’s important for our Navy family to recognize how postvention efforts can serve as psychological first aid to shipmates and loved ones. For more information about support following a suicide loss, check out this blog post on NavyNavStress.com [http://navynavstress.com/2014/07/31/postvention-is-prevention/]

20. Proper nutrition—including eating the right foods at the right time—can help fuel our bodies to fight against the negative effects of stress. Get the skinny on stress eating on NavyNavStress. [http://navynavstress.com/2014/07/23/stress-eating/]

21. Take a moment to check-in on your shipmates. Listen to them, be there for them, and ask them how they are doing. Simple acts of kindness make a difference—and may save a life. It’s about being there for every Sailor, every day, by every Sailor, every day. [www.suicide.navy.mil]


23. There is hope. Check out this Suicide Prevention Public Service Announcement produced by USS Ronald Reagan (CVN 76) Sailors: [https://www.youtube.com/watch?v=V42HMq7Tn4&feature=youtu.be].

24. It’s Okay to Speak Up When You’re Down! What you say to a Navy chaplain in confidence stays between you and the chaplain, unless you decide differently. Get the facts on your right to Confidential Communications with Chaplains by visiting www.chaplain.navy.mil.

25. The Navy Leader’s Guide aims to help leaders at all levels recognize the behavioral signs of stress, provide support to Sailors within the unit and collaborate with supporting agencies to meet the needs of individuals in
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26. Using alcohol in response to stress can lead to dangerous situations and may increase risk for destructive behavior, including suicide. Get the facts on “Alcohol’s Impact on your Ability to Navigate Stress” on NavyNavStress. [http://navynavstress.com/2014/04/15/alcohols-impact-on-your-ability-to-navigate-stress/]


28. Adequate sleep is important for good physical and psychological health. Studies show that a lack of sleep is not only a safety issue, but is directly related to elevated stress, low morale and poor performance. [http://www.public.navy.mil/comnavsafecen/Pages/video/sleep-fatigue.aspx]

29. Make the Connection provides veterans, service members and families with support and resources to promote health and wellness, based on shared experiences. [http://www.maketheconnection.net]

30. Suicide prevention is an all hands effort, all of the time! Don’t let your efforts to be there for Every Sailor, Every Day end after September. Visit www.suicide.navy.mil > Informational Products for “Seven Everyday Ways to Promote Suicide Prevention Awareness.”

For more 2014 Navy Suicide Prevention Month resources, visit:
Navy Suicide Prevention, OPNAV N171: www.suicide.navy.mil