



LIFELINK

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Connect and Learn Online this Suicide Prevention Month

Each September during Suicide Prevention Month, Navy Suicide Prevention Branch's (OPNAV N171) Every Sailor, Every Day (ESED) campaign releases new resources to empower conversations about psychological health, encourage Sailors to recognize risk among their shipmates and themselves, and motivate Small ACTs to prevent suicide. This year, in addition to introducing new educational materials in the FY-19 1 Small ACT Toolkit, ESED will offer learning opportunities for Navy gatekeepers, leaders, command resilience team (CRT) members and families.

Start off 2018 Suicide Prevention Month with Navy Suicide Prevention Branch and Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department who will be co-hosting a webinar entitled "Your ACTions Could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day." Join us September 6, 2018 from 1 p.m. to 2:30 p.m. EDT to explore current and emerging best practices in suicide prevention and findings from recent Navy suicide "Deep Dives." This discussion will equip Navy leaders, health promotion coordinators, suicide prevention coordinators (SPCs), and the gatekeepers who most frequently encounter at-risk Sailors (e.g., legal staff, school house instructors and housing staff) with the tools to:

- Identify challenges that Sailors may be encountering and recognize risk factors to provide interventions;
- Cultivate a climate that encourages help-seeking and facilitates connections to needed psychological health resources; and
- Promote a safe and consistent suicide prevention narrative that utilizes evidence-informed messaging and materials for local engagement.

Register for the webinar by August 31, 2018 at <https://survey.max.gov/933674>. You must have a Common Access Card (CAC) to register. To learn more, visit the [HPW Webinars page](#) or click [here](#) to email NMCPHC with any questions that you may have about the webinar.

End the month with U.S. Navy Operational Stress Control's first Twitter chat; a perfect opportunity to learn more ways to recognize risk and be there for Every Sailor, Every Day.

#ACT2PreventSuicide will focus on how to apply and operationalize ACT day-to-day and create discussions on:

- Recognizing warning signs and risk factors in daily interactions, including those that take place on social media;
- Tips to start the conversation with someone who may be at risk or displaying warning signs;
- How and where to reach out for help for yourself or others; and
- How to fit Small ACTs of self-care into hectic schedules.

The Twitter chat will be hosted by @NavStress on September 27, 2018 at 2 p.m. EDT. It is ideal for all audiences, including Navy family members, SPCs, gatekeepers, military health organizations and others that serve the Navy community. To participate, login to your Twitter account at the above day and time, and search #ACT2PreventSuicide. Include the hashtag in your questions and responses. Be sure to follow us on **Twitter** to learn more about the webinar and join the conversation on September 27.

Suicide Prevention Month is right around the corner. To get a head start on your command's local efforts, visit www.suicide.navy.mil > **Every Sailor, Every Day** > **Get Involved**. Additional articles and useful tips will be shared throughout the month and upcoming fiscal year on our **blog**, **Facebook**, **Twitter** and **Flickr**.



Lifelink Spotlight

Have a Fellow Sailor's Back with safeTALK

Suicide prevention is an all hands effort. Learning to recognize suicide risk, ask the important questions, listen to your fellow Sailor, and connect them with care are important and potentially life-saving actions. Courses like safeTALK (Suicide Alertness for Everyone: Tell, Ask, Listen, and KeepSafe) can give Sailors the necessary skills to ACT and prevent suicide.

The safeTALK course teaches participants to identify signs of suicide risk and connect an at-risk individual with a professional who can help. While some signs may be visible, not all warning signs of suicide are obvious, making it increasingly important to directly ask someone if they are thinking about suicide and not avoid talking about it. "The safeTALK class places participants in different scenarios and teaches them to recognize signs that someone may be suicidal, as well as getting them comfortable with asking directly about suicide," said Lt. Cmdr. David Kim, a command chaplain onboard USS Gerald R. Ford (CVN 78).

In safeTALK, participants gain the skills to understand the often overlooked invitations. The first step is to feel comfortable and confident to ask a fellow Sailor if they are thinking about suicide, which is the gateway to connecting them with helpful resources to stay safe and get the continuing care they need. The workshop provides participants with knowledge of local resources with which they can connect someone who is at-risk.

"We're responsible for keeping our shipmates safe and for providing forceful backup," says Kim. "We need to look out for each other. You shouldn't be worried about being nosy or asking hard questions. Asking questions is usually all it takes to get somebody the help they need."

All service members are able to participate in the safeTALK course. If you are interested or would like more information about safeTALK or other suicide prevention courses, contact your command chaplain.



Plan of the Week Notes

Below are sample Plan of the Week notes aligning with topics covered by the Every Sailor, Every Day campaign during the month of August:

1. Make a difference in the life of a fellow Sailor with 1 Small ACT. Help prevent suicide by starting the conversation, staying engaged and being there for Every Sailor, Every Day. Visit <https://go.usa.gov/xUd8s> for Suicide Prevention Month resources.
2. Anger can negatively affect your relationships and even health. High blood pressure and irregular heartbeat, as well as aggression and depression can result from excessive anger. Work with your provider to manage your anger in a healthy way, and use these simple tips from Real Warriors Campaign. Pace your breathing, relax, use humor and communicate effectively to help you better control your anger and navigate stress.
3. If you're a leader, suicide prevention or health promotion coordinator, clinician or other gatekeeper who has frequent contact with Sailors who may be at increased suicide risk, join Navy Suicide Prevention Branch and Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness (HPW) Department on September 6, 2018 from 1 – 2:30 EDT for a webinar to learn how to better recognize risk, intervene and promote help-seeking behaviors among Sailors. Register by August 31, 2018 at survey.max.gov/933674 using your Common Access Card (CAC).
4. Self-care is key to improving psychological health and better navigating stress. It can take the form of seeking help from a professional or even talking to a peer when dealing with stress. The BeThere Peer Support and Outreach Center is there 24/7, online at www.betherepeersupport.org, by phone at 1-844-357-PEER (7337), or via text at 480-360-6188 is there 24/7.

DoD to Recognize Suicide Prevention Efforts

Defense Suicide Prevention Office (DSPO) will continue its annual DoD Suicide Prevention Month Outreach Recognition to honor one exemplary installation from each of the services and one from either the Reserves or National Guard. Recipients will be recognized for events occurring during 2018 Suicide Prevention Month, though they may be sustained beyond that time to promote ongoing engagement. Navy events should promote *Every Sailor, Every Day* campaign concepts such as risk factors, warning signs, self-care, help-seeking or practical applications of "1 Small ACT" and/or "BeThere," among others. For additional information, contact Navy Suicide Prevention Branch by email at suicideprevention@navy.mil.

News and Resources

Breaking Down Anxiety One Fear at a Time
[Health.mil](#)

Understanding Confidential Non-medical Counseling Services
[Military OneSource](#)

Identifying and Combating Loneliness
[Human Performance Resource Center](#)

Helping the Healers Through the Power of Mobile Technology
[Health.mil](#)

Substance Misuse as a Coping Mechanism
[Real Warriors](#)

How to Reset Your Internal Sleep Clock
[Guard Your Health](#)

Military Moms with Postpartum Depression
[Human Performance Resource Center](#)

There is Hope
[Health.mil](#)

Treatment Options for Sleep Conditions
[Real Warriors](#)

5210 Healthy Military Children
[Military OneSource](#)

New School Year, Same Risk: Don't Forget the Sunscreen
[Health.mil](#)

How to Snack the Right Way
[Guard Your Health](#)

Understanding Moral Injury
[Real Warriors](#)

Protect Your Children from Health Risks by Building Family Resilience
[Military OneSource](#)

Current and Upcoming Events

Suicide Prevention Month
September

Webinar: "Your ACTIONS Could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day"
September 6, 12 p.m. CDT
[Register here.](#)

SPC Training Webinars
August 22, 4 p.m. CDT
September 6, 12 p.m. CDT
[Register here](#)

New Tools for Suicide Prevention Month and Beyond

Navy Suicide Prevention Month is not just a 30-day blitz of suicide prevention efforts; it is the starting point for year-long conversations on how to be there for Every Sailor, Every Day. This September, the Every Sailor, Every Day (ESED) campaign will continue to lead the charge for Navy's year-long suicide prevention efforts, promoting healthy behaviors, active engagement and open conversation through its popular 1 Small ACT message.

Over the next month, ESED will introduce new concepts and tools to enhance Sailors' abilities to recognize risk factors, navigate stress, stay safe during high-stress times and understand the importance of seeking help. One of those new tools is the FY-19 1 Small ACT Toolkit that provides resources to support local suicide prevention engagement. This year's toolkit will be available by mid-August and will be digitally distributed to suicide prevention coordinators (SPCs) and other gatekeepers who have subscribed to Navy Suicide Prevention Branch's email distribution list (available to sign up [here](#)). It will also be available to download year-round on www.suicide.navy.mil. All toolkit content aligns to the ESED campaign's FY-19 focus areas, including various ways to engage in self-care, practice lethal means safety during times of increased stress and empower Sailors to feel comfortable seeking help without fear of judgement or impacts to their security clearance eligibility.

The FY-19 1 Small ACT Toolkit is a one-stop shop for messages and materials to strengthen local engagement. It contains posters, digital graphics, sharable facts, social media messages, plan of the week notes, event ideas and other materials that can be used in September and throughout the new fiscal year. As one of the most popular tools in each year's toolkit, the **30 Days of Small ACTs calendar** features simple ways for Sailors to be there for themselves and others. It offers a practical tip each day, helping Sailors build positive coping mechanisms and self-care into their routines, such as mindfulness, journaling, and starting conversations with others. You can print and display this calendar in high-traffic areas and even repurpose daily tips as Plan of the Day notes. Or give Sailors a chance at some friendly competition by hosting a 30 Days of Small ACTs challenge that pushes them to engage in as many small ACTs as possible during the month.

The tools in this toolkit—along with popular **existing Every Sailor, Every Day materials**—are not only helpful resources for Suicide Prevention Month but can be used to continue dialogue and engagement throughout the year. Use the campaign's "Sailor's on the Street" **YouTube videos** as icebreakers for small group discussions on healthy stress navigation. Plan group physical fitness activities like a fun run or yoga class to help Sailors beat stress head-on. And, of course, pair these activities with useful information and resources on social media. Work with your command and/or installation public affairs office to promote Suicide Prevention Month and ongoing Every Sailor, Every Day content on social media using the #1SmallACT hashtag.

Stay connected with Navy Suicide Prevention Branch's ESED campaign throughout the year. Access resources on www.suicide.navy.mil > **Every Sailor, Every Day** > **Get Involved**, and find useful tips for navigating stress on our **blog**. Follow us on social media on **Facebook** and **Twitter**, and be sure to tag us in your social media posts about your local events and activities.

1 Small ACT can make a difference. Be there for Every Sailor, Every Day.

