



LIFELINK

NEWSLETTER

Page 1

#BeThere for the Holidays

Page 2

December Plan of the Week Notes,
Lifelink Spotlight

Page 3

Responsible Alcohol Use for the Non-
Drinker: Pledge to Give the Gift of a
DD

#BeThere for the Holidays

According to the Suicide Prevention Resource Center, it is a commonly-held misconception that suicides increase over the holidays. This is not the case. However, the holidays are an ideal time to strengthen your connections with shipmates and loved ones – a protective factor against suicide.

Whether catching up via phone, social media or at a holiday gathering, pay attention to the subtle signs that may indicate someone is having difficulty navigating stress. Those signs may include:

- Expressing feelings of hopelessness or burdensomeness
- Increased substance use (alcohol, prescription and/or illicit drugs)
- Withdrawal from usual activities
- Sudden mood changes

Relationship problems, transitions (including permanent change of station, retirement or separation) and career setbacks are also times of increased risk. Even if it seems like your buddy is joking or being casual, if something seems out of the norm trust your gut and ACT (Ask Care Treat).

ACT is Navy's call-to-action to encourage early intervention when a Sailor is experiencing difficulty navigating stress or may be at risk for suicide. All Sailors and members of the Navy community should be able to recognize the risk factors and warning signs that indicate a potential suicidal crisis, and should feel confident in their ability to ACT:

- Ask - Ask directly: are you thinking of killing yourself?
- Care - Listen without judgment. Show that you care.
- Treat - Get the Sailor immediate assistance. Escort him or her to the nearest chaplain, trusted leader or medical professional for treatment.

Annual case reviews consistently reveal missed opportunities to "connect the dots" when a Sailor is experiencing the negative effects of stress, psychological health concerns or exhibiting uncharacteristic behavior. Active communication and ongoing dialogue about stress, psychological health and suicide can motivate positive action and open the door for help. While the holiday season may be a busy time, remember that 1 Small ACT can make a difference.

In addition to knowing the signs and when to intervene, encourage Sailors to get ahead of stress by practicing self-care this season. Small ACTs can include journaling, making time for exercise even with **limited time or space**, opting for **quick healthy snacks** when on the go and **getting adequate sleep**.

Like **U.S. Navy Operational Stress Control** on Facebook or follow **@navstress** on Twitter for healthy holiday tips from the Every Sailor, Every Day campaign.

Are you or someone you know on a path to suicide?
Know the WARNING SIGNS!

I		P		W		Ideation Substance Abuse
S		A		A		Purposelessness Anxiety Trapped Hopelessness
		T		R		Withdrawal Anger Recklessness Mood Change
		H		M		

You don't have to see every sign to ACT.
Help is always available through the Military Crisis Line. Call 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net

1 Small ACT
#BeThere for Every Sailor, Every Day.

Every Sailor, Every Day navstress.wordpress.com



Lifelink Spotlight

Psychological Health Center of Excellence's (PHCoE) Psychological Health Resource Center

The Department of Defense's (DoD) **Psychological Health Center of Excellence (PHCoE)** operates the **Psychological Health Resource Center (PHRC)** as a free service to service members, veterans, family members, clinicians and military commands. The PHRC exists to link people to resources and to provide a trusted source of psychological health information. It's not a treatment or counseling center, but the trained staff can help find local mental health and community resources for those in need.

The consultants at the PHRC are clinicians with expertise in psychological health and military culture. They are available 24 hours a day and seven days a week to help. PHRC consultants work hand in hand with the military's **inTransition** and **Real Warriors** programs.

The PHRC can help with military psychological health related questions, including but not limited to those regarding stress, depression, reintegration, how to get into treatment and information about types of treatment for a variety of conditions.

If the consultants at the center do not have an answer, they can connect clients with someone who can provide assistance or they will research the question and have a professional health resource consultant contact the client.

There is no limit on how many times a client can contact the PHRC. Services can be accessed by calling 866-966-1020, emailing resources@phcoe.org or visiting their website at www.pdhealth.mil/resource-center. The website also features links to call centers, military family support organizations, military medical organizations, awareness month campaigns, mobile applications and psychological health tools.

The **PHCoE's** mission is to improve the lives of our nation's service members, veterans and their families by advancing excellence in psychological health care, readiness and prevention of psychological health disorders.

If you or someone you know has an emergency or is in crisis, please contact the **Military Crisis Line** at 1-800-272-8255, press 1.



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 December:

1. Don't let arguments spoil your holiday meal. Check in with yourself first. Emotions may run high, so remind yourself that you can't control others' behaviors. Set some rules for engagement. Short statements like "I'd rather not discuss that today" can help keep the peace. Be proactive and start conversations that you want to have, like asking others to share what they are grateful for. By engaging in positive and light-hearted conversation, you can strengthen your connection with others and your connection to the true meaning of the season.
2. The Keep What You've Earned Campaign's annual holiday pledge, "Give the Gift of a Designated Driver," runs through Dec. 31. Take the pledge at <https://go.usa.gov/xnj86> and then print a gift card to present to the lucky person of your choice. Get your gift card at <https://go.usa.gov/xPWP>.
3. Need information on stress, depression, getting treatment or types of treatment? Reach out to the Psychological Health Resource Center. This center is free, available 24/7 and serves service members, veterans, family members, clinicians and military commands. Reach them at their **website** or by phone at 866-966-1020, or **e-mail** resources@phcoe.org.
4. Financial issues can be a source of stress and anxiety for many people. As we approach the end of the year, resolve to reframe your money mindset as we head into 2018. This classic Every Sailor, Every Day campaign blog post will give you some small changes that can make a big difference in your outlook and your wallet. <https://navstress.wordpress.com/2017/01/02/resolve-to-reframe-your-money-mindset-for-2017/>

New Suicide Prevention Instruction

Available Now with Guidance for SPPMs

OPNAVINST 1720.4B, the updated Navy Suicide Prevention Instruction was signed and promulgated on Sept. 18. This instruction establishes the requirement for suicide prevention program managers (SPPM) at echelon 2 and 3 commands.

SPPMs will provide proactive and consistent suicide prevention program policy guidance and training to subordinate commands. Required training for Navy SPPMs began Nov. 5 and continues twice weekly through Dec. 2018. Webinar invites are sent directly to identified SPPMs. If you have any questions about the SPPM requirement, contact the Navy Suicide Prevention Office at 901-874-6613 or suicideprevention@navy.mil. The updated instruction can be accessed at www.suicide.navy.mil.

News and Resources

Seasonal Self-Care for Military Families
[NavyNavStress](#)

Suicide Prevention Awareness: It's Not Only About Deployments and Combat
[Real Warriors](#)

Relax Relax Toolkit to Manage Stress and Optimize Performance
[Navy and Marine Corps Public Health Center](#)

Resiliency As Part of the Healing Process
[Military Health System](#)

Social Support: Your Total Fitness Strategy
[Human Performance Resource Center](#)

Impact of Job Strain and Long Work Hours on Suicidal Ideation
[Suicide Prevention Resource Center](#)

Connecting with the Spirit of the Season
[NavyNavStress](#)

New Ways to Cope: Resources for Battling Stress
[Marine Corps Community Services](#)

Meditation Helps Veterans with PTSD, Defense Department Study Finds
[Real Warriors](#)

A Broader Perspective of Health: Total Force Fitness and Treating Depression
[Psychological Health Center of Excellence](#)

Sailors on the Street Episode 3: Times of Stress
[Navy Suicide Prevention YouTube Channel](#)

Current and Upcoming Events

Impaired Driving Prevention Month
December

SPC Training Webinars
Dec. 13, 10 a.m. CDT
Jan. 11, 8 a.m. CDT
[Register here](#)

Responsible Alcohol Use for the Non-Drinker: Pledge to Give the Gift of a DD

December is Impaired Driving Prevention Month. So, what does that mean for non-drinkers?

A number of Sailors choose not to drink alcohol. Their reasons are as diverse as our Navy family. If you're among the "zero-proof" cocktail crowd this holiday season, you can still play a big part in promoting responsible choices for those who do choose to drink. Pledge to "Give the Gift of a Designated Driver" (DD) and to help others make it home (and back) safely this year.

The Navy Alcohol Abuse Prevention (NAAP) office's Keep

What You've Earned (KWYE) Campaign recently launched this quick and anonymous online pledge encouraging Sailors, their friends and family to serve as designated drivers this holiday season. To take the pledge, visit <https://go.usa.gov/xnj86> and then head to the **KWYE webpage** to print a gift card that can be given to a friend or loved one to be used in exchange for a safe ride home. The pledge runs through Dec. 31.

These cards are the perfect one-size-fits-all gift for those who choose to drink. Show them how much you care by committing your time – No long lines or gift wrap needed!

Follow these tips to make the experience a win for you and your friends.

1. Get the keys before heading out.
2. Make a plan (where you'll meet, where you're going and when you'll call it a night).
3. Make sure your phone is on, charged and set to vibrate and ring.
4. Turn up, but turn down the alcohol – no exceptions!

To help illustrate what's on the line should Sailors choose to drink and drive, KWYE has developed three short videos exploring the financial impacts of a Driving Under the Influence conviction, ranging from impacts to military **retirement benefits**, to **loss of rank** and subsequent loss of pay, and **other short term impacts**. You can encourage Sailors to find a safe ride home this month and all year long by sharing these videos on your social media channels, which can be found on <https://www.youtube.com/user/NavyNADAP>.

If your friends need additional support setting healthy limits around their alcohol intake, this Health.mil article offers signs of problematic drinking, practical tips and helpful resources, including the KWYE campaign's Pier Pressure mobile application. View the article at <https://health.mil/News/Articles/2018/11/09/To-drink-or-not-to-drink>.

For more information and materials to help Sailors keep what they've earned, check out the **campaign's website**.

WHY DO I SERVE AS A DD?

I WANT TO HELP MY SHIPMATES KEEP WHAT THEY'VE EARNED...AND GETTING FREE HOT WINGS IS COOL, TOO.

- ✓ Get the keys before heading out
- ✓ Make a plan (where you'll meet, where you're going, and when you'll call it a night, etc.)
- ✓ Make sure your phone is on, charged and is set to vibrate and ring
- ✓ Turn up, but turn down the alcohol (no exceptions)

You've earned it— don't waste it.

DRINK RESPONSIBLY
KEEP WHAT YOU'VE EARNED