ACT

LIFELINK

Suicide Prevention Program Newsletter
Vol. 2, Issue 1, Pg. 1
January 2013
A Product of OPNAV, N135H Behavioral Health

Life Counts
Ask Care Treat

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BUILDING RESILIENCE ALL YEAR LONG

In his 2013 New Year Message to the Fleet, CNO dedicates his New Year's resolution to "making sure we're taking care of our people," emphasizing principles of "wellness, trust and care." As you start developing your own resolutions for 2013—whether they're built upon stronger fitness goals, mending troubled relationships, securing your financial future or taking overall better care of yourself—recall the many tips and resources provided over the past few months to help you build resilience in any situation, at any time of year.

Through the Keeping an Even Keel campaign, Navy "people program" subject matter experts collaborated to offer practical tips on how we can lessen and get ahead of the holiday stress. Physical Readiness experts gave tips on making an exercise contract with yourself and healthy stress eating; Chaplains provided a spiritual perspective on the meaning of relationships; and financial experts helped us stick with our budgets and protect our finances. Bookmark these resources for easy reference when it seems like your New Year's resolution is getting harder to reach—or when you notice a shipmate who may need some motivation.

A resolution may be a motivating promise to *yourself* for the year, but that doesn't mean you have to make the journey on your own. And most importantly, remember that you're not finished once you've reached your "2013 goal." Together we can help each other—as shipmates, leaders, and family—make *lasting* changes that help us become stronger and more resilient. Just as any Navy mission, keeping your New Year's resolution is an *all hands evolution, all of the time.*

"... When we've talked to people who have considered taking their lives, you know what made the difference? Someone cared enough about that Sailor to get them the help they needed."

NEW ON THE NAVYNAVSTRESS BLOG

Unconditional Trust NavyNavStress

VA Establishes Coaching into Care to Help You Help Your Veteran NavyNavStress

A Balanced Shopping Cart = Balanced Meals NavyNavStress

Building Resilience – One Small Change at a Time NavyNavStress

LIFELINK SPOTLIGHT – NAVY INFORMATION OPERATIONS COMMAND PENSACOLA (NIOCP)

This month NIOC Pensacola is in the spotlight for using their blog as a resource to promote stress navigation and suicide prevention awareness command-wide. Back in September, the blog featured a post introducing the command's SPC and assistant SPC, discussing the importance of Sailor to Sailor outreach and stress resources. More recently, NIOCP's Assistant SPC authored "Removing Stress from the Holidays"—a post on holiday stress prevention. The post cited resources from the *Keeping an Even Keel* campaign and also encouraged those away from home during the holidays to bond with each other at local events. Fostering a sense of community is one of the Seven Everyday Ways to Promote Suicide Prevention Awareness. BZ shipmates!

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UPCOMING EVENTS

SPC Basic Training Webinars
29 JAN
13 FEB

57th Presidential Inauguration
21 JAN

Does your command have an upcoming event you'd like to share? Get it in LifeLink!
Email us

Stay Connected!

www.suicide.navy.mil
Email the editor
901-874-6922

V.A. ESTABLISHES COACHING INTO CARE TO HELP YOU HELP YOUR VETERAN

The holidays are over and life is "getting back to normal"— but that may be difficult for some. The aftermath of relationships strained over holiday tensions, or the reality of high bills due to overspending can lead to serious stress issues for anyone. And coupled with military life, these things may become overwhelming for a service member. You're probably already familiar with ACT (Ask Care Treat), but what can you do when you've reached out to a service member showing signs of distress, but can't get him or her to seek help?

Knowing what to say and do isn't always easy so the VA has established a confidential telephone service for friends and families of veterans. *Coaching into Care* is a free and confidential coaching service to help callers discover new ways to talk with their Veteran about their concerns and about treatment options. Before you call, consider reading Tips for Encouraging Your Loved One to Access Mental Health Services on the Defense Centers of Excellence blog.

According to the Navy's 2012 Behavioral Health Quick Poll, both officers and enlisted Sailors find that talking to a friend or family member is an important 'stress coping method.' Loved ones are often the only ones who can recognize if a Sailor is having trouble navigating the everyday or extraordinary stress of military life. Early intervention works but Sailors need to know where to go for the appropriate help, which may mean someone they trust "coaching" them along the way. Don't let them stand alone. Learn what to say and where to get help BEFORE you or they need to know.

For more information, see NavyNavStress or visit http://www.mirecc.va.gov/coaching/index.asp or call 1-888-823-7458

NEWS YOU CAN USE (CONT'D)

Keeping Your New Year's Resolutions **Military OneSource**

Making Financial Goals for a New Year **News Story**

Jason Dunham Sailors' New Year's Resolution: Quit Tobacco **News Story**

Sergeant Major of the Army Speaks Out About Army Values, Psychological Health **DCoE Blog**

Quick Tips for Managing Stress for Service Members **Military OneSource**

Reduce Stress and Improve Your Health 6 Steps **Military Mental Health**

Navy Experts Weigh-In on Staying & Getting Fit **News Story**

Physical Fitness: Make a Contract with Yourself **NPC**

Navy Medicine Rolls Out New Campaign to Deter 'Bath Salts' Designer Drug Use **News Story**

MCPON Releases CPO 365 Training Guidance **News Story**

CSADD Encourages Family Planning During Your Navy Career **News Story**

Stennis Sailors Read to Their Loved Ones **Stennis74 Blog**

Neighborhood Connections Key to Surviving a Crisis **NPR**

Navy Religious Program Specialists Celebrate 34 Years of Service **NavyLive**