



LIFELINK

NEWSLETTER

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MEDIA COVERAGE OF MILITARY SUICIDES

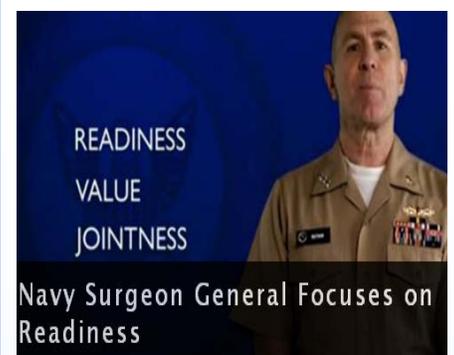
“News about the statistics on military suicides...often leave the impression that these suicides occur much more frequently than they actually do.” - David Litts, The Huffington Post

Openly discussing the topic of suicide is one of the most helpful ways to encourage those who are silently dealing with stressors to speak up. And an increasing number of our Sailors and service members find this strength every day, reaching out to close family, trusted leaders, chaplains and professionals.

Yet, as noted in a recent [Huffington Post article](#), “news about the statistics on military suicide and accompanying examples of personal tragedy often leave the impression that these suicides occur much more frequently than they actually do.” Not only do these reports send the message suicide is a rampant response to military-life stressors, but they also paint the picture that help doesn’t work—and that trying to get help is just as self destructive as suicide itself. Worse, this type of media coverage can intensify at-risk audiences’ suicidal ideations.

So what’s the difference in talking about suicide versus reporting on suicide? Meaningful conversation about the topic, avoiding oversimplifying the risks and judgmental language, can help change negative perceptions about seeking help. Effective media coverage is capable of the same feat—if [careful steps](#) are taken to avoid misconceptions. Contrary to common media reports, of the 17,000 service members who reported that they’d seriously considered suicide, .01% died by suicide (DoD Health Related Behavior Survey). That means over 99% got the help they needed to overcome their stressors. Furthermore, less than 2% of revoked or denied clearances are for psychological issues—seeking help is an indicator of the good judgment required for clearances. Seeking help *is* a sign of strength.

Every life counts. Suicide is a tragedy that impacts everyone, but it’s never the norm. Best practices for [reporting](#) on or [discussing](#) suicide can help promote the [truth](#)—and remind our shipmates that “it’s okay to speak up when you’re down.”



Navy Surgeon General Focuses on Readiness

Vice Adm. Nathan blogs for [Navy Medicine Live](#)

“...be ready mentally, physically, spiritually, emotionally and professionally to meet the challenges of today.”

MORE NEWS YOU CAN USE
 New on [NavyNavStress](#)

Chief of Naval Personnel, Vice Admiral Scott Van Buskirk on
 PTS [NavyNavStress](#)

Making the Veteran’s Crisis Line Better – Continuing Process Improvement [NavyNavStress](#)

SURFLANT Revamps Physical Readiness Program [NavyNavStress](#)

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LIFELINK SPOTLIGHT

ETC (SW/PJ) Wyndell M. Lee
Southeast Regional Maintenance Center
Newport

February's spotlight is on ETC Wyndell Lee, Suicide Prevention Coordinator for Southeast Regional Maintenance Center (SERMC) Newport.

After receiving January's LifeLink, ETC Lee composed an email to SERMC Newport leadership to distribute to personnel, kicking off the New Year with new resources. His email included January's LifeLink, the upcoming SERMC 2013 Annual Suicide Prevention Training schedule, a copy of the Chaplain's Spiritual Fitness Guide, details from CNO's New Year's Message to the fleet and information on SPC training. ETC Lee's comprehensive message provided his shipmates with a myriad of resources to navigate stress and promote awareness.

Great way to start 2013 – Bravo Zulu shipmate!



Who will be next in the spotlight? Nominate your proactive SPC, caring shipmate or

leader, or your entire command for their efforts to build a sense of community and prevent suicide. Email your nomination to caroline.miles.ctr@navy.mil.

RESILIENCE CORNER

Chief of Naval Personnel Discusses PTS

In a recent All Hands Update, Vice Admiral Scott Van Buskirk said that he's working to "remove some of the angst Sailors are expressing" about Perform to Serve (PTS).

"They want improvements to PTS so they can know sooner in the cycle about whether they have a quota or not..." Van Buskirk said.

Helping Sailors know what to expect and giving them more time to control

their futures are ways to build resilience. Click the video above to watch CNP's discussion of PTS and see your command career counselor for more information. For more on this topic, visit www.navy.navstress.com.



Readiness - 2013 May Bring Major Changes. What's Your Plan?

ACT **INDIVIDUAL STRESS NAVIGATION PLAN**

DIRECTIONS: Effective stress navigation doesn't start once stress becomes a distraction—it starts by exploring our available resources while we're still emotionally and physically healthy. To maintain this balance and be prepared for challenging times, take a moment to explore your resources and practices for stress. Fill out your Stress Navigation Plan. You never know when a stress issue may arise, but you'll be prepared with the resources needed to stay mission-ready and build resilience.

WHAT DO I DO WHEN I...

NEED A GOOD LAUGH: _____ [insert activity]

NEED TO RELIEVE STRESS ON MY OWN: _____ [insert activity]

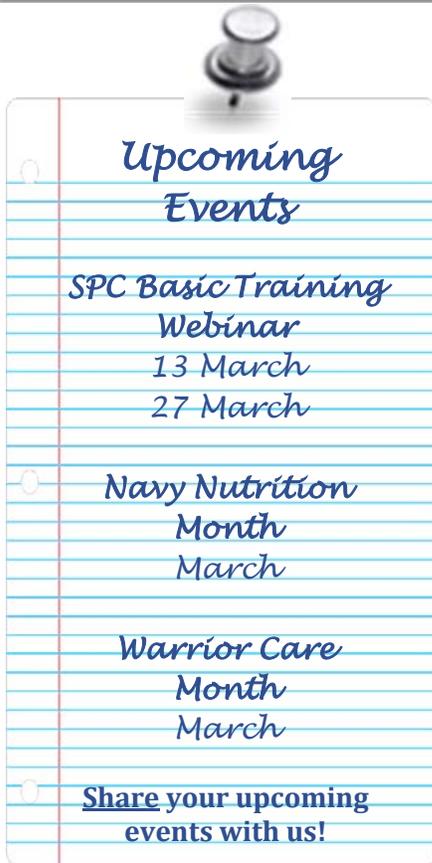
NEED TO REENERGIZE MY SPIRITUALITY: _____ [insert activity]

THINGS I DO TO CARE FOR MY MIND AND BODY:

Even if you've never had a philosophy class, you wouldn't need to read works by Heraclitus to remind you that "the only thing constant is change." While changes and transitions can be stressful to us, we can take small measures to ensure readiness, even during the most unpredictable situations.

Whether you're anxious over the uncertainty of budget shortfalls and fleet impact, or taking the PFA after the holidays, one thing you can predict is that stress will always be a part of life. Even during the most challenging times, small steps can help us effectively navigate and build resilience. While you're still emotionally fit, think about the positive things you do during tense situations and record them in your Stress Navigation Plan so that you can "be ready" for any challenges that may lie ahead. Stress Navigation Plan templates are available for download [here](#).

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Contact Navy Suicide Prevention
[Email](#) | [Suicide Prevention Website](#)
Follow Operational Stress Control
Online



MAKING THE VETERAN'S CRISIS LINE BETTER

Identifying challenges and finding solutions can be a challenge in itself—particularly when it comes to finding ways to better serve our service members and veterans. The Navy's Operational Stress Control and Suicide Prevention Programs are no different. We are always looking for ways to help you navigate stress.

Countless Sailors and servicemembers have reached out to the Veteran's Crisis Line for lifesaving help during stress emergencies, or just to have someone who will listen and provide resources when life's challenges start to become overwhelming. 1-800-273-8255 Option 1 was developed by the Veterans Administration and the National Suicide Prevention Lifeline to provide Active Duty and Reserve servicemembers and veterans with tailored and immediate care. It's a trusted resource promoted by all Navy organizations (including our program). With service members noting recent capacity setbacks, the Veterans Administration reiterated their

commitment to help our service members in a [news release](#) reporting suicide data among veterans.

"The mental health and well-being of our courageous men and women who have served the nation is the highest priority for the VA, and even one suicide is one too many," Veterans Affairs Secretary Eric K. Shinseki said. "We have more work to do and we will use this data to continue to strengthen our suicide prevention efforts and ensure all veterans receive the care they have earned and deserve."

With an announced 50% increase in trained staff, the VA hopes to better serve veterans in need by ensuring that all callers receive the attention they deserve. If you or a family member needs help, it is now more available than ever.

For 24/7 assistance, call the Veterans' Crisis Line: 1-800-273-TALK (8255), option 1 or go to www.veteranscrisisline.net.

NEWS YOU CAN USE

Everett Sailors Participate in Suicide Intervention Training [Navy.mil](#)

Prepare for Cycle 1 Physical Fitness Assessment [Navy.mil](#)

Navy Announces New Tool to Educate Sailors about Responsible Alcohol Use [Navy Live](#)

Risk Factors for Psychological Stress Injuries [Navy Medicine Live](#)

SECNAV Discusses His Focus Areas [Navy.mil](#)

Soldier Relives Traumatic Experience, Implores Others to Seek Help [DoD Live](#)

Four Tips for Successfully Managing Chronic Pain [Real Warriors](#)

Marines May Add Mindfulness-based Techniques to Training to Armor Troops [Washington Post](#)

Navy Wounded Warrior – Safe Harbor Enrollment Reaches 1,000 [Navy.mil](#)