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IT'S OKAY TO SPEAK UP WHEN YOU'RE DOWN

We often avoid discussing stress and life's challenges until they begin to wear and tear on us. As Sailors, it's second nature to "press on" and be strong in the face of adversity from any source to remain mission-effective. But there are many signs of strength, and one in particular that reinforces the personal readiness goals of the 21st Century Sailor. Personal readiness is the foundation of mission-effectiveness, whether that mission is related to our professional career in the Navy or our family life at home. Speaking up *before* stress affects our mission is a significant sign of strength, and one that we are all capable of achieving.

By recognizing when you—or a shipmate—may need to talk about stressors and get help, you're not only being strong for yourself but for those around you. Set the example by showing fellow shipmates that emotional fitness is just as important as physical fitness in order to remain a ready-Sailor in all aspects of life. Often, talking to a shipmate may help us see things more clearly, or initiate the courage to seek professional care. 'Sailors taking care of Sailors' is not just a peer-to-peer responsibility. Secretary of Defense Leon Panetta asserted in a recent memo that "leaders throughout the chain of command must actively promote a constructive climate that fosters cohesion and encourages individuals to reach out for help as needed." Together, we must show each other that *it's okay to speak up when you're down!*

September is Suicide Prevention Awareness Month. Program initiatives introduced this month will promote *sustainable* ways to effectively navigate stress year-round, while continuing to instill awareness of suicide warning signs and resources. Concepts of resilience, stress navigation, bystander intervention and reducing barriers will be explored in a variety of ways—even humor! Stand by for cartoon illustrations supporting program messages, produced by some of your favorite cartoonists. Sometimes a good laugh is the common ground that we need to be able to support each other through difficult times and foster more serious discussion. Visit www.suicide.navy.mil for all Suicide Prevention Awareness Month resources!

Cartoonist and Sailor, Mike Jones, illustrates Identifying Resources and Bystander Intervention



NEWS YOU CAN USE

NAVADMIN 259/12 Announces Navy Suicide Prevention Awareness Month [NAVADMIN](#)

Know Where the Life Jackets Are [NavyNavStress](#)

Suicide Prevention Awareness Proclamation Signed [News Story](#)

LIFELINK SPOTLIGHT – YN2 CHAD BOONE, NOSC SAN ANTONIO

This month's LifeLink Spotlight recognizes YN2 Chad Boone, NOSC San Antonio. After filming his team's submission for the Suicide Prevention Public Service Announcement Contest, a fellow Sailor casually told him that had "nothing to live for." YN2 Boone recalled ACT (ask care treat) and helped his shipmate get the resources he needed to provide hope during stressful times. "When we embarked as a team doing the video, I never imagined I would encounter another in need of this kind of attention so soon," he said. Way to ACT! Bravo Zulu Shipmate!

UPCOMING
EVENTS

SEP 08

*NECC Out of the
Darkness Walk
Virginia Beach, VA*

SEP 13-14

*Pacific Regional
Behavioral Health
Summit
Honolulu, HI*

28

*Winner of
Suicide
Prevention PSA
Contest
Announced*

AROUND THE FLEET: PERSONALIZE YOUR STRESS NAVIGATION PLAN

How do you navigate stress? Who do you talk to when you need to get things off your chest when your upcoming PCS seems challenging or you've come upon a hurdle in your career? When you encounter stress, **do you know where your life jackets are?**

Sometimes finding a way to de-stress is stressful itself. We may think that taking the time to navigate through challenges will divert our focus away from our mission—or that our stressors aren't "big enough" to deal with yet. Readiness doesn't begin at the time of a crisis. It starts with having the tools and resources to respond to unforeseen circumstances swiftly and with clarity, to mitigate potential impacts of stress before they affect our lives.

Get ahead of your stress. By personalizing a [Stress Navigation Plan](#), you'll know where your resources are—your "life jackets"—when you encounter certain situations. Stress Navigation Plan templates are now available here and only take 5 minutes to personalize with your practices for responding to stressors. Take a moment to write down who you talk to when you encounter work issues, or when you need to re-energize your spirituality. The few thoughtful minutes you spend now may have a significant impact later. Just by writing down your practices for navigating stress, you're strengthening your personal readiness so that you may be able to prevent future obstacles from compounding and affecting your life. You don't have to show your plan to anyone. Put it in a place that you can access easily. Or have it next to your phone so it's there when you need someone to talk to. Take the stress out of navigating stress. Life counts!

To access the Stress Navigation Plan template, click [here](#). Encourage your shipmates, family and friends to personalize one for themselves! Let us know you've personalized your plan by tweeting to Operational Stress Control [@NavStress](#)—and tweet the link to your shipmates!

For more information on Suicide Prevention Awareness Month, visit www.suicide.navy.mil.

Stay Connected!


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News You Can Use

Navy Announces Suicide Prevention Awareness Month
[News Story](#)

Navy Sets September as Suicide Prevention Awareness Month
[Stars and Stripes](#)

Suicide Prevention Awareness Month Kicks Off With Sunrise Event
[DC Military](#)

Stress Navigation Plans Help Sailors Get Ahead of Stress
[News Story](#)

Navy Suicide Prevention: Seven Everyday Ways to Promote Suicide Prevention Awareness
[Navy Live](#)

Are You Almost Depressed?
[DCoE Blog](#)

Naval Hospital Teams up with Former NFL Star to End Stigma Against Mental Health
[Navy Live](#)

OSC Mobile Training Teams Deliver Training Directly to Commands
[NavyNavStress](#)

OSC Mobile Training Teams Mark Program Milestones
[NavyNavStress](#)

Healthy Aging Mind and Body
[DCoE Blog](#)

Panetta Visits USS Stennis, Thanks Sailors Deploying Early for 8-Month Deployment
[News Story](#)

Don't forget to take this week's Navy Personnel Command opinion poll exploring suicide prevention topics! Click [here](#).