March 2015 Vol. III of XII

the NMTSC Ft. Sam Houston OMBUDSMAN monthly newsletter

One every hour. One every day.

As of 05 February 2015, four Sailors have committed suicide this year. In 2012, nearly 8,000 veterans took their own lives and in this same year, 349 service members committed suicide; more than the number of combat deaths in Afghanistan. This equates to one veteran suicide an hour and one service member suicide every day. Suicide, both in the civilan and military communities, is an issue that touches home with too many families. All Hands are needed to help reduce and hopefully eventually eliminate suicide deaths.

Although September is nationally recognized as suicide awarness month, we should practice suicide awareness everyday. Take the time to understand the warning signs of suicide. **If you recognize any of the following warning signs in yourself or any one you know, please get help immediately by calling 911 or the National Suicide Prevention Lifeline at 1-800-273-8255:**

- Feeling worthless and without purpose
- Withdrawal from loved ones
- Feeling hopeless, depressed, or trapped
- Anxiety and depression
- Giving away prized possesions
- Communicating unusual thoughts
- Talk about killing themself
- Drug or alcohol abuse
- Self injury or recklessness

NMTSC and Ft. Sam Houston also have multiple avenues available to help.

- Contact NMTSC suicide preventation by calling HMC Stack at 210-202-5319/HM1 Sprague at 210-808-5274.
- Contact the NMTSC Chaplain by calling LCDR Adams M-F at 210-808-3067 or after hours at 210-289-7050
- Make an appointment with a Military Family Life Counselors by calling 201-517-6666.

Take the time to read more at **Navy Operational Stress Control** and at **JBSA Resiliency**

Military & Family Readiness Center: Loan Locker/Lending Closet!

If you are incoming/outgoing PCS, a student, on TDY, a retiree, or civilian assigned to the area, go to the M&FRC loan locker/lending closet with a copy of your orders to borrow many common household items for up to 30 days!

Bldg 2797, 3060 Stanley Road
M - F | 0730-1600
210-221-2418

Tax Help is Here!

Military Tax Assistance Center (MTAC):

Bldg 131, 1304 Stanley Road
M - F | 0900-1700, 1/20/15-4/15/15
By appointment only | 210-295-1040

click for more info

March is Women's History Month!

Women's history month is a nationally celebrated month that highlights the contributions of women throughout history and to key fields such as contemporary science.

Take the time to remember many of the strong, leading women that have made huge advances throughout history such as Clara Barton, Rosa Parks, Amelia Earhart, and RADM Alene Duerk, and take the time to continue to thank and support all the women in your life!

Ombudsman Questions or Concerns?
Contact John Herman and Grace Foy
210-413-6973 or nmtsc.ombudsman@gmail.com