



Health Promotion Toolbox



October is Mental Health Month

Activities

- **Join NMCPHC for the Psychological Health and Emotional Well-being Webinar, October 22nd at 1200-1300, dedicated to highlight tools and resources from our command and National Center for Telehealth and Technology (T2).** Check out the [NMCPHC website](#) to get all the information.
- **Visit and stay awhile...at the Health Promotion and Wellness (HPW) departments latest in-depth relaxation resource. It is the [Relax Relax Toolkit](#).** This resource is filled with pages of audio selections to include deep breathing, mindfulness, and relaxing music.
- **Establish and promote regular command and individual self care and stress management time.** This may be work out and fitness time, religious/spiritual time, and relaxation or wellness breaks. Lead by example.
- **Ask Sailors and Marines with a reputation of effective and positive stress control skills to give a brief talk/testimonial on their personal and professional strategies.** Additional materials are available on the [NMCPHC Health Promotion and Wellness Psychological Health site](#).
- **Post and display Psychological Health Resources from the [HP Toolbox](#).** The handouts and posters may cover a variety of mental health issues. Place a rack and resources in high traffic areas. Additional materials may be found at the NMCPHC Health Promotion Psychological Health website.
- **Encourage everyone to have a “Psychological health tune up”!** Promote use of web based workshops and programs such as those listed at [After Deployment](#), [NMCPHC Stress Management](#) and resources from www.militaryonesource.com. Other opportunities for training may be offered by Fleet and Family Support Centers, Marine Corps Community Services Mental Health and the Chaplains. Ask them to give a presentation on psychological health, operational stress control, resiliency, suicide prevention, managing stress, controlling anger or other relevant mental health topics for your command.