



Health Promotion Toolbox
October is Mental Health Month
Activities



- **Invite the local Fleet and Family Support Center (FFSC), Chaplain and/or Military Treatment Facility (MTF) Mental Health/Deployment Health** 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.
- **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](#).
- **Set up a display and a rack of Psychological Health Resources from the Toolbox.** The handouts and posters may cover a variety of mental health issues. Consider changing the materials each month to keep them fresh and new. Place the rack and resources in high traffic areas. Additional materials may be found at the NMCPHC Health Promotion Psychological Health website.
- **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 wellness breaks. Lead by example.
- **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.