YOU HURT. WE HELP.

Psychological and Emotional Well-being

Your job isn't easy.

You are asked to do things most people can't do, be in situations most people can't handle, and make decisions most people can't fathom. These challenges may place a big toll on you. Yet, to be successful in the Marine Corps, you have to be resilient and psychologically strong. That's where the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and Marine Corps Community Services can help. We have the resources and tools to help you navigate stress and strengthen your resilience so you can perform at your best.

A resilient warrior.

Military life, especially deployment or mobilization, presents unique and difficult challenges to you and your family. It involves meeting several professional requirements while working long hours in the face of mounting issues and family challenges. Operational and wartime missions can have psychological effects on how you think, feel, and act. We understand this. We offer you the tools and resources that will help you become more resilient, so that you can withstand, recover, adapt, and grow.

The power of psychological fitness.

You could argue that your mind is the strongest muscle in your body. It controls everything — your thoughts, feelings, and behaviors. Psychological fitness involves how you process information, feel about things, and respond to your thoughts and feelings. As a Marine, you need to be psychologically fit so that you can perform at your peak. Strengthening your mind can help you realize your full potential, work productively, and make meaningful contributions to your community.

Keep a positive outlook.

You can't change the fact that highly stressful and painful events happen, but you can change how you interpret and respond to them. Try to consider the stressful situation in a broader context and keep a long-term perspective. It helps to look beyond the present to see how future circumstances may be a little better. We provide resources to help you learn how to gain perspective and be resilient.

Where to go for help.

Many psychological health concerns are preventable and treatable. Early identification and assistance can help prevent the onset of behavioral and emotional problems, decrease rates of chronic disease, and help you lead a longer, healthier life. If you or someone you know is experiencing a psychological health concern, take action by:

- Talking to your health care provider or chaplain.
- Contacting your Operational Stress Control and Readiness (OSCAR) Team or Marine Corps Community Services (MCCS).
- Contacting the mental/behavioral health department at your medical treatment facility.
- Calling the Military Crisis Line at 1-800-273-TALK (8255) Press 1, texting 838255, or visiting www.veteranscrisisline.net/activeduty.aspx.
- Calling Military OneSource at 1-800-342-9647 or visiting www.militaryonesource.mil.
- Calling DStress line at 1-877-476-7734 or visiting www.dstressline.com.
- Calling Vets4Warriors at 1-855-838-8255 or visiting www.vets4warriors.com.

To learn how our tools and resources can help keep you fit for service and improve your overall health, visit us at **WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION** and **WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME**.

For more information on your local resources, contact:

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

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