YOU HURT. WE HELP.

Psychological and Emotional Well-being

Your job is not 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. If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800-273-TALK (8255) and Press 1, text 838255, or live chat at www.veteranscrisisline.net/activeduty.aspx. For more ways to connect while abroad, visit www.veteranscrisisline.net/activeduty.aspx.

If you or someone you know would like to talk to someone who understands the challenges unique to military life, access 24/7 confidential peer support by contacting Vets4Warriors at 1-855-838-8255, or access email or live chat at www.vets4warriors.com. Support is available for service members and family members.

For more information on your local resources, contact:

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**.

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

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