



YOU HURT. WE HELP.



Psychological and Emotional Well-being

Your job isn't easy.

You're asked to do things most people can't do, be in situations most people can't handle or make decisions most people couldn't fathom. These challenges can put an unimaginable toll on you. Yet, to be successful in the Navy and Marine Corps, you have to be psychologically strong. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center can help. We have the resources and tools to help you 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 that and we provide you with the tools and resources to become more resilient. Our goal is to help you 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 service member, you need to be psychologically fit so that you can perform well and 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. Avoid blowing the event out of proportion. It helps to look beyond the present to see how future circumstances may be a little better.

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
- ▶ Contacting the mental/behavioral health department at your military treatment facility
- ▶ Contacting the Navy Reserve Psychological Health Outreach Program (PHOP). To find the program near you, visit www.navyreserve.navy.mil/Pages/PHOP.aspx
- ▶ Calling the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)
- ▶ Calling Military OneSource at 1-800-342-9647



To learn how our programs can help keep you fit for service and improve your overall health, visit us at

WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING



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