



YOU HURT. WE HELP.



Psychological and Emotional Well-being for Wounded, Ill, and Injured Sailors and Marines

Serving as a Sailor or Marine is a great source of honor and pride. Through your service, you may have experienced a wound, illness, or injury which may impact your psychological and emotional well-being. It's not always easy navigating life's transitions or coping with the various emotions you may experience during your recovery. That's where the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department can help. We have the resources and tools to help you navigate stress and strengthen your resilience so you can overcome the challenges you face before, during, and after recovery from a wound, illness, or injury. Our goal is to help you overcome, withstand, recover, adapt, and grow. We want you to emerge psychologically and emotionally stronger than ever.

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. If you or someone you know would like to talk to a peer who understand the challenges unique to military life, contact Vets4Warriors 24/7 at 1-855-838-8255 or email or live chat at www.vets4warriors.com.

For more information on your local resources, contact:

To learn how our resources and tools can facilitate recovery and strengthen resilience, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://www.med.navy.mil/sites/nmcphec/wounded-ill-and-injured/pages/health-promotion.aspx).

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

