



# MAINTAIN RELATIONSHIPS. IMPROVE WELLNESS.



## Relationships and Intimacy for Wounded, Ill, and Injured Sailors and Marines

Serving as a Sailor or Marine is a great source of honor and pride. While serving, you may have experienced a wound, illness, or injury that impacted your psychological and emotional well-being, disrupted your everyday routine, or interrupted your existing personal relationships and social life. You may find yourself spending less time with your social network or significant other due to the time and energy required for treatment and recovery. You may also experience pain, numbness, fatigue, stress, anxiety, depression, or medication side effects that can impact your relationship with your partner. Communicating and maintaining strong bonds with your partner, family, friends, peers, and your community are essential to long-term psychological and emotional well-being and physical health. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers resources for service members and their families that include strategies and suggestions for nurturing personal relationships and achieving physical and mental wellness.

For more information on your local resources, contact:

To learn how our programs can help 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/nmcphc/wounded-ill-and-injured/pages/health-promotion.aspx).

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

