



# Health Promotion Toolbox

## September: Mental Health and Suicide Prevention Month

### Activity Ideas

As a health information disseminator, you understand how important it is to ensure that the information and resources you distribute are relevant to your target populations. Collaborate with your command Suicide Prevention Coordinator (SPC) as appropriate to find out how you can work together. Below are a few activity ideas that you can execute in partnership with your SPC throughout September to promote psychological and emotional well-being in Sailors, Marines, family members, and civilian personnel, while partnering with command leadership.

### Connect with your Command SPC to Disseminate Mental Health and Suicide Prevention Information and Materials

- **Develop an information rack of materials or set up a display.**
  - Pack the rack with materials and resources from the [NMCPHC Mental Health and Suicide Prevention Toolbox](#) and the [Navy Suicide Prevention Branch](#) to include fact sheets, brochures, and handouts.
  - Place the information rack in high traffic and high visibility areas such as building entrances, galleys, offices, and waiting areas where both your command and their family members can access the resources.
- **Hang posters to increase awareness of available psychological and emotional well-being resources in high traffic areas.**
  - Check out the posters on the [NMCPHC Mental Health and Suicide Prevention Toolbox](#).
  - Hang posters in high traffic and high visibility areas such as building entrances, galleys, offices, and waiting areas.
- **Send out email messages promoting mental health.**
  - Share one message each week in September from the [Plan of the Week Notes](#) with your command.
  - Share [fact sheets and infographics](#) that teach Sailors, Marines, and civilian personnel about the importance of reaching out for help with life's challenges, and supporting and encouraging fellow Sailors and Marines to connect to helping resources.



- Disseminate the [Relax Relax Toolkit](#) – this toolkit houses audio and various relaxation and breathing exercises, and techniques to reduce stress.
- Include messaging from Navy Suicide Prevention Branch’s [LifeLink Newsletter](#).
- Educate your Sailors, Marines, and civilian personnel on [Suicide Warning Signs](#) and [Suicide Risk Factors](#).
- **Speak to your command about resilience.**
  - During command indoctrination, stand downs, and meetings, talk to your Sailors and Marines about how to build [resilience](#) so they are psychologically prepared to face life’s challenges.

## **Partner with your SPC to Promote Mental Health and Suicide Prevention**

- **Support your SPC on a presentation about suicide prevention** that Sailors, Marines, and civilian personnel can attend.
  - Presentations should focus on reducing negative attitudes about seeking help when needed, spotting suicide warning signs, and connecting to available helping resources.
  - Ask a chaplain, medical or behavioral health professional, health promotion staff member, or other helping professional to participate in the discussion.
- **Organize an event dedicated to reducing negative attitudes about seeking support in your command.**
  - Include command level support at your event.
  - Ask your medical department to participate by having a behavioral health professional or Fleet and Family Support Program staff member available to answer questions and promote help seeking behavior.
- **Promote confidential services and crisis lines:**
  - [Military OneSource](#) is a private resource free of charge for active duty service members, immediate family members, as well as National Guard and Reserve Component (regardless of activation status). This Department of Defense (DoD) funded program provides comprehensive information about everything from deployment to relationships to parenting and childhood services. Service members and families can also connect with a peer counselor who understands military life and its unique challenges. Visit the [peer-to-peer program online](#) or call 800-342-9647.
  - [Military Crisis Line](#), a 24/7 call center, online chat, and text messaging service that is free of charge for all service members in crisis, or people who know a service member in crisis. Call 1-800-273-TALK (8255), Press 1; text 838255; or [chat](#).



## NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE



- [Marine Corps DSTRESS Line](#), provides around the clock, non-medical support. The anonymous phone and live chat counseling services are provided with a 'Marine-to-Marine' approach. The call center is staffed with veteran Marines, former Fleet Marine Force Corpsmen, Marine Corps family members, and licensed clinicians with specific training in Marine Corps culture. Call 1-877-476-7734 or [chat](#).