



# YOU HURT. WE HELP.



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

### Recovery and transition.

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.

### What causes stress?

We all experience various levels of stress in reaction to both the positive and negative events in our lives. If you have been wounded, ill, or injured, you may be facing additional challenges both during and after your recovery.

Stressors that may impact your overall psychological health include sleep issues, navigating medical care and paperwork, chronic pain, memory problems, communications issues, changes in relationships, loss of independence in daily activities, changes in career trajectory, legal or financial issues, personal conflicts, and past experiences.

### The continuum of psychological and emotional well-being.

Stress and psychological and emotional well-being are along a continuum. With transitions during recovery, it's normal to react and experience negative emotions, loss of concentration, energy, or interest at times. If you experience the following signs and symptoms, seek support to help you address these challenges:

- ▶ Loss of control of emotions.

- ▶ Sleep disturbances such as nightmares, or difficulty falling asleep or staying asleep.
- ▶ Obsessive thinking.
- ▶ Alcohol or prescription drug misuse or abuse.
- ▶ Personality or behavior changes.
- ▶ Strong negative feelings such as guilt, shame, confusion, isolation, panic, or rage.

### Asking for help is a sign of strength.

Navigating stress or a psychological challenge is not easy, but you don't have to do it alone. There are resources available to use on your own and with your health care provider to help strengthen your psychological resilience. Taking care of yourself helps to keep your mind and body primed to deal with challenging situations, including recovering from a wound, illness, or injury.

If you or someone you know is experiencing a psychological health concern, take action by:

- ▶ Talking with your health care provider, chaplain, or mentor about your concerns.
- ▶ Contacting the mental/behavioral health department at your medical treatment facility or your local branch health clinic.
- ▶ Contacting your local Fleet and Family Support Center (FFSC).
- ▶ Contacting your local Marine Corps Community Services (MCCS).
- ▶ Contacting the Navy Reserve Psychological Health Outreach Program (PHOP). To find the program near you, visit [www.navyreserve.navy.mil/Pages/PHOP.aspx](http://www.navyreserve.navy.mil/Pages/PHOP.aspx).
- ▶ Calling the Military Crisis Line at 1-800-273-TALK (8255) Press 1, texting 838255, or visiting [www.veteranscrisisline.net/activeduty.aspx](http://www.veteranscrisisline.net/activeduty.aspx).
- ▶ Calling Military OneSource at 1-800-342-9647 or visiting [www.militaryonesource.mil](http://www.militaryonesource.mil).
- ▶ Calling Vets4Warriors at 1-855-838-8255 or visiting [www.vets4warriors.com](http://www.vets4warriors.com).

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).

For more information on your local resources, contact:



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