



WII and Depression: A Message for the Commanding Officer

The theme for this topic is “Dump Depression,” which means taking preventive actions to help address depression before it starts and overcoming common barriers to seeking treatment. While many people may be susceptible to depression, wounded, ill, and injured (WII) service members may be at risk due to physical or psychological challenges.

Some service members avoid seeking help or treatment, even though depression is common, helping resources are available, and treatment is proven to be effective. This may be related to lack of awareness of available resources, motivation, time constraints related to work and family responsibilities, stigma, and worries about confidentiality.

It is important for the WII population to know that seeking help is a sign of strength, not weakness. Additionally, they should be aware of the contributors to depression, signs and symptoms, where they can get help, and basic strategies they can employ to help prevent it.

What you can do:

- Know the signs and symptoms of [depression](#)
- Know where to direct Sailors and Marines for help who may be exhibiting signs and symptoms of depression:
 - Military Crisis Line: call 1-800-273-8255 and Press 1; chat online: <http://www.veteranscrisisline.net/ChatTermsOfService.aspx>; or send a text message to 838255
 - Marine DStress Line: Call 1-877-476-7734 or visit: <http://www.dstressline.com/>
 - Military OneSource: Call 1-800-342-9647 or visit: <http://www.militaryonesource.mil/>
- Promote the [Busiting Barriers to Seeking Help for Depression](#) fact sheet to be aware of the common contributors and barriers to seeking treatment for depression
- Promote the [Take AIM at Preventing Depression](#) guide to help WII service members be aware of depression’s signs and symptoms, implement preventive actions, and monitor their progress