



A complete resource for psychological and emotional well-being.



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. There are resources available to help you take on these challenges. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center 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.

Visit our website at <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/Wii-psych.aspx> to learn more about psychological and emotional well-being, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ Navy Leader's Guide for Managing Sailors in Distress
- ▶ Relax Relax Toolkit
- ▶ Resilience
- ▶ Operational Stress Control
- ▶ Navigating Stress
- ▶ Suicide Prevention
- ▶ Relaxation
- ▶ Anger Management
- ▶ Mental Health
- ▶ Sleep

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

For more information on your local resources, contact:

YOU HURT. WE HELP.



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



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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. Whether you are undergoing treatment or rehabilitation, recovering at home, preparing to return to work, or transitioning to civilian life, navigating the physical and psychological challenges associated with your wound, illness, or injury can be difficult.

Stressors that may impact your overall psychological health include sleep issues, navigation of 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. If you are positively navigating stress, it doesn't mean your life is free of stress but that you are able to manage stress reactions and use positive coping skills to get through hardships. 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 professional help. There are resources and support available 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

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

- ▶ Strong negative feelings such as guilt, shame, confusion, isolation, panic, or rage.

You are not alone.

Unrelenting doubts and fears can hinder your ability to focus on your recovery. The good news is that there are resources available to help you manage and overcome these feelings. Identifying stressors early and seeking assistance can help you and your loved ones connect with the appropriate resources. If you are experiencing psychological health concerns, finding and maintaining treatment can help improve and preserve your psychological and emotional well-being.

Asking for help is a sign of strength.

It takes courage to ask for help. 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.

Where to go for help.

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
- ▶ Contacting the Navy Reserve Psychological Health Outreach Program (PHOP). To find the program near you, visit www.navyreserve.navy.mil/Pages/PHOP.aspx.
- ▶ Calling Military OneSource at 1-800-342-9647

If you or someone you know is in crisis, call the Military Crisis Line at 1-800-273-TALK (8255) Press 1, or texting 838255 to get help 24/7/365.

