



# YOU HURT. WE HELP.



## Psychological and Emotional Well-Being

Your job isn't easy. You're asked to do things most people can't do, be in situations most people can't handle, or make decisions most people couldn't fathom. These challenges may place a big toll on you. Yet, to be successful in the Marine Corps, you have to be resilient and psychologically strong. That's where the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and Marine Corps Community Services can help. We have the resources and tools to help you navigate stress and strengthen your resilience so you can perform at your best. If you or someone you know is in crisis, please call the Military Crisis Line for confidential support at 1-800-273-TALK (8255) and Press 1.



To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) and [WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M\\_RA\\_HOME/MF/G\\_BEHAVIORAL%20HEALTH](http://WWW.MANPOWER.USMC.MIL/PORTAL/PAGE/PORTAL/M_RA_HOME/MF/G_BEHAVIORAL%20HEALTH).

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

