

#BeThere for Every Sailor, Every Day.



## **FY-19 1 Small ACT Toolkit**

For local engagement during 2018 Navy  
Suicide Prevention Month and FY-19

Released by Navy Suicide Prevention Branch, OPNAV N171



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## Foreword

Shipmates,

As you know, suicide prevention is an enduring commitment to taking care of ourselves and each other on a daily basis. Suicide Prevention Month (September) is an opportunity to refresh that commitment, kicking off year-round engagement that enables us to talk openly and honestly about psychological health and empowers us to seek help when we need it. Each of us will inevitably encounter challenges in life; likely facing several sources of stress at one time. The longer we wait to take positive action to navigate those challenges, the more likely they are to develop into stress injuries or illnesses that can increase our risk of suicide. Every day, we must actively encourage each other to take charge of our health by caring for our spiritual, emotional, behavioral, social and physical needs. That's the difference between prevention and intervention; prevention requires ongoing nourishment while intervention demands taking the right actions in the right manner at the right time. And in all that we do, we must ensure that we're promoting hope for the present and future, demonstrating the power that 1 Small ACT can have on others.

The resources in this toolkit can help you foster a command climate supportive of psychological health, from small acts of self-care to help Sailors stay mission ready, to recognizing warning signs of increased suicide risk in ourselves or others and taking action to promote safety. Our Every Sailor, Every Day (ESED) campaign has designed messaging and materials to support individuals in any given zone of the **Stress Continuum**, fusing evidence-informed best practices and Sailor feedback to drive change. This toolkit includes the campaign's newest materials that can be used throughout fiscal year 2019 (FY-19), kicking off efforts early with an informative and motivating 2018 Suicide Prevention Month. It includes engagement ideas, posters and digital graphics, sample plan of the week notes and social media messages, facts, targeted resources for gatekeepers, information on upcoming learning opportunities and more.

I encourage you as leaders, suicide prevention coordinators, health promotion coordinators, providers and engaged shipmates to share these tools as widely as possible. Print posters and fact sheets for posting in high-traffic areas. Host an event that educates and builds connection. Share facts and inspiring messages during face-to-face interactions, small group trainings or quarters. Lead by example. Whether aware of it or not, we all influence the conversation about suicide. Every Sailor, Every Day starts with us.

Very Respectfully,

Capt. Heidi Agle, USN

Director, Navy Suicide Prevention Branch, OPNAV N171



## Background

Since 1974, the American Association of Suicidology has recognized the week of September 10th as National Suicide Prevention Week, which surrounds the International Association for Suicide Prevention's World Suicide Prevention Day. In 2012, the Departments of Defense and Veterans Affairs, through the Defense Suicide Prevention Office (DSPO) and Veterans Affairs Mental Health Services, expanded the weekly recognition to the entire month of September. Navy launched its first Suicide Prevention Month (SP Month) in September 2012. Suicide Prevention Month is *not* designed to prevent suicide on a singular day, week or month. Rather, efforts aim to educate audiences and motivate behavior change through application of tools that can enable prevention at the individual, community and fleet levels.

Navy Suicide Prevention Branch's award-winning Every Sailor, Every Day (ESED) campaign leads the charge for Navy's Suicide Prevention Month efforts and continued engagement throughout the year. ESED aims to foster a positive and open dialogue about psychological health and suicide in the Navy, empowering behavior change. The campaign's evidence-informed and Sailor-tested materials—using its popular "1 Small ACT" message—provide practical ways to navigate stress, recognize risk and warning signs, and keep each other safe.

## Toolkit Purpose

This toolkit is designed for suicide prevention coordinators (SPCs), health promotion coordinators, leaders, providers and anyone who would like to support Navy's suicide prevention efforts. It contains graphics, talking points, event ideas and other materials to refresh local engagement beginning in September 2018 and continuing throughout FY-19, in alignment with the campaign's focus areas. By using the resources and products in this toolkit and online, you will help your shipmates and community members:

- Promote safe discussion of psychological health and suicide;
- Recognize stress and signs of psychological health concerns in themselves and others, and understand how to intervene;
- Identify sources for treatment and support, and feel comfortable seeking those resources without fear of judgement or impacts to security clearance eligibility;
- Become familiar lethal means safety precautions during times of increased risk; and
- Practice simple ways to strengthen their health and make a difference in the lives of *Every Sailor, Every Day*.

### Where to Access *Every Sailor, Every Day* Campaign Resources



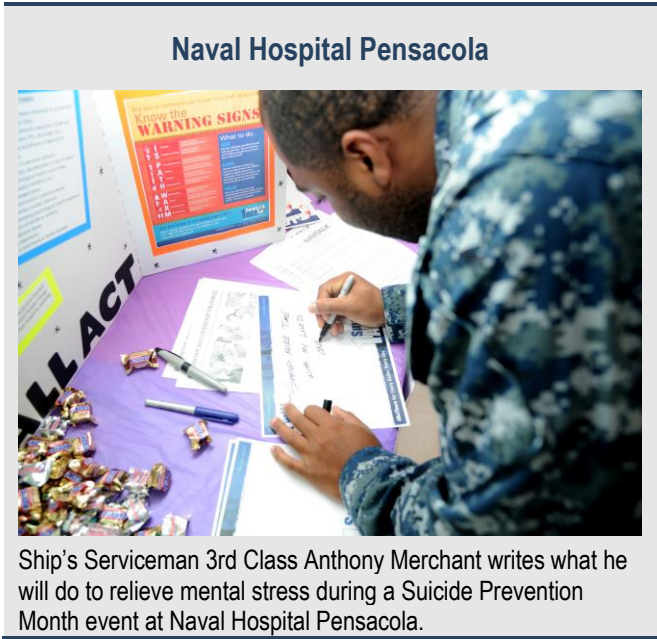
- Website: [www.suicide.navy.mil](http://www.suicide.navy.mil) > Every Sailor, Every Day
- Blog: [navstress.wordpress.com](http://navstress.wordpress.com)
- Facebook: [www.facebook.com/navstress](http://www.facebook.com/navstress)
- Twitter: [www.twitter.com/navstress](http://www.twitter.com/navstress)
- Flickr: [www.flickr.com/photos/navstress](http://www.flickr.com/photos/navstress)
- YouTube: [www.youtube.com/user/navstress](http://www.youtube.com/user/navstress)

## Outreach & Engagement Ideas

The below ideas can be implemented locally during September or any time of year to educate and engage your community on suicide prevention, promoting a culture of fitness. **SPCs are responsible for working with their command resilience teams (CRT) to ensure that command engagement is ongoing** and fully integrated into other Total Sailor Fitness efforts, using September as an opportunity to set the tone for the upcoming year.

- **Guide Small Group Discussions:** Host small group discussions with your peers using the ESED campaign's 'Sailors on the Street' videos as ice breakers. The videos can be accessed from Navy Suicide Prevention's [YouTube channel](#) or [website](#). Create a brief discussion guide based off the Stress Navigation Plan (pgs. 13-14), talking points and messaging best practices (pgs. 15-17). Address stressors that are relevant to your command environment and shipmates, and include positive coping skills and contact information for local/national support resources. Order free ESED materials to give to participants, such as the Stress Continuum Thermometer Magnet (NAVPERS 600034) and the Life Counts Magnet (NAVPERS 60008A) or Business Card (NAVPERS 60009A). Procedures and the form to order these and other campaign items available free of charge from the Naval Logistics Library are available [here](#).
- **Host a 30 Days of Small ACTs Challenge:** Print and post the [2018 30 Days of Small ACTs Calendar](#) (pgs. 11-12) in high-traffic areas to encourage your shipmates to be there for others and support themselves. This printable calendar includes ways to practice positive coping skills and self-care, psychological and physical well-being, peer support and more. For some friendly competition and to promote a Culture of Fitness, encourage your shipmates to form small groups or teams and challenge them to complete as many of the ACTs on the calendar as they can. You can also work with your base or ship social media account operators to share each day's Small ACT from our [Facebook](#) and [Twitter](#) accounts to promote participation among Navy families and community members.
- **Share Stories of Hope and Recovery:** In trainings, quarters and other engagements, share testimonials from active duty service members, veterans and family members who have recovered from psychological health crises and are living full, productive and meaningful lives. Use the best practices provided in this toolkit to foster a positive narrative. Possible stories to share include:

  - Video Profile: Sgt. 1st Class David Parish: [www.realwarriors.net/multimedia/profiles/parish](http://www.realwarriors.net/multimedia/profiles/parish)
  - Getting Through Tough Times with Support: [www.maketheconnection.net/stories/472](http://www.maketheconnection.net/stories/472)
  - PRC Jeromy Kelsey (Ret.) Personal Story: [www.youtube.com/watch?v=wn3XtRMhXEI](http://www.youtube.com/watch?v=wn3XtRMhXEI)



Naval Hospital Pensacola  
Ship's Serviceman 3rd Class Anthony Merchant writes what he will do to relieve mental stress during a Suicide Prevention Month event at Naval Hospital Pensacola.



- **Conduct a Weekend Send-Off:** Work with base security and recruit a group of Sailors to hold up ESED posters or signs with hopeful messaging at exit gates on Friday afternoons during peak outgoing traffic times (1430-1600). Include messages of hope, risk factors and warning signs, lethal means safety tips, stress navigation tips, motivational messaging, or contact information for local or national crisis resources such as the [Military Crisis Line](#). Reach out to your local drug and alcohol program advisor (DAPA) to potentially coordinate with responsible drinking send-offs to promote a range of healthy behaviors (alcohol misuse is a risk factor for suicide).
- **Organize a Group Workout:** Organize a workout aboard your ship or installation to promote physical activity and social connection as ways to navigate stress and strengthen psychological health. Ideas include:
  - A high-intensity interval training (HIIT) style workout using one of the Navy Operational Fitness and Fueling System (NOFFS) in [this Every Sailor, Every Day blog post](#).
  - A 5K fun run with campaign resources displayed at each water station along the route, including messages of hope, educational materials and contact information for support services. If gun locks are available aboard your installation or military treatment facility (MTF), provide some as giveaways for participation and display the ESED campaign's lethal means safety posters (links on pgs. 9-10).
  - A yoga class with a "Small ACT Selfie" station where participants can write and share how they practice self-care. Signs are available for download and print [here](#). After personalizing their sign, encourage participants to snap a selfie or group photo and email to [navysuicideprevention@gmail.com](mailto:navysuicideprevention@gmail.com) with their names and event info for inclusion in the ESED campaign's [1 Small ACT Photo Gallery](#). Following the event, collect the signs and post them throughout high-traffic areas as reminders of the simple ways to support others and one's own psychological health.
- **Engage in Community Relations (COMREL):** Coordinate a command-sponsored COMREL event. Connecting with the local community is a great way to build Relationships and instill Meaning, both [Principles of Resilience](#), and can help Sailors thrive during periods of transition and stress. Moreover, COMREL can strengthen a sense of purpose and belonging – both to the community and within the command.
- **Share Facts on Social Media:** Work with your command and/or installation public affairs office to share educational content on official social media pages with the #1SmallACT hashtag. Sample social media messages and graphics for sharing can be found on pgs. 7-8 of this toolkit. Encourage shipmates and family to share content with their social media networks as well.

Send us a description of your suicide prevention efforts to be featured in the Lifelink Spotlight by:

- Tagging @U.S Navy Operational Stress Control in your Facebook content;
- Tagging @NavStress in your Twitter content;
- Using the hashtag '#1SmallACT' on Instagram; or
- Emailing us at [navysuicideprevention@gmail.com](mailto:navysuicideprevention@gmail.com).





## Annual Defense Suicide Prevention Office Outreach Recognition

DSPO will conduct its annual DoD Suicide Prevention Month Outreach Recognition to honor one exemplary installation from each of the services and one from either the Reserves or National Guard. This recognition honors the installations with the most dedicated and influential efforts commemorating Suicide Prevention Month. Recipients will be recognized for their efforts to be there for service members, their families and DoD civilians by educating, engaging and building community support for suicide prevention.

For recognition consideration, events must occur during the month of September 2018, though they may be sustained beyond that time to promote ongoing engagement. All Navy events must adhere to the safe messaging guidelines included on pg. 18 to ensure that they do not unintentionally place vulnerable individuals at increased risk and convey a positive narrative. Additionally, Navy events should promote one or more of the following “Every Sailor, Every Day” campaign concepts:

- Educate on suicide risk factors, protective factors and warning signs;
- Empower proactive self-care, early intervention and seeking help;
- Promote open, positive and ongoing dialogue about stress, psychological health and suicide; and
- Demonstrate practical applications of the “1 Small ACT” and/or “BeThere” messages.

Nomination forms will be accessible from [www.suicide.navy.mil](http://www.suicide.navy.mil) by September 2018. All nominations must be submitted via email to Navy Suicide Prevention Branch at [suicideprevention@navy.mil](mailto:suicideprevention@navy.mil) no later than November 1, 2018. To nominate your local efforts:

- Provide a 750-word narrative describing your installation’s activities, events and achievements throughout September 2018. Use 12-point Arial font, double space and do not exceed 750 words. Pictures, fliers and other additional supporting material may be included.
- Include SMART (specific, measurable, achievable, relevant, and timely) measures of effectiveness of each activity or event (i.e., qualitative or quantitative data demonstrating how the activity or event affected the community such as number of participants, populations participating, or survey outcomes, etc.).
- The email subject line should read “2018 DoD Suicide Prevention Month Outreach Recognition \_ installation name”. The file naming convention should read “2018SPM \_ installation name”.
- Coordinate with your homeport or installation’s public affairs office to ensure that only one nomination is submitted per installation.



## Sample Content

### Plan of the Day/Week Notes









The below plan of the week notes can be used during Suicide Prevention Month or throughout the year. For additional notes aligning suicide prevention and psychological health with other health topics addressed by the Every Sailor, Every Day campaign, subscribe to [Lifelink Newsletter](#).













- Understanding how to spot social media content that may indicate risk is an important first step that can enable early intervention. If you notice a friend or shipmate joking about dying or feeling no reason to live, take the post seriously, reach out, show concern and offer resources for help. Any posts directly indicating a desire to die or otherwise cause self-harm are warning signs of immediate danger. Just because there's an "LOL" or emoji in the post, doesn't mean that the person is playing around, and these are often subtle ways of asking for help. Read more about reaching out on social media here: <https://navstress.wordpress.com/2017/09/22/recognizing-risk-and-reaching-out-to-a-friend-on-social-media/>
- One of the many reasons service members choose not to seek help for psychological health concerns is fear that doing so will jeopardize their security clearance eligibility. Know the facts. Having a psychological health condition or seeking professional help will *not* automatically disqualify you for a security clearance. In fact, less than one percent of security clearance denials and revocations involve psychological health concerns at all. Seeking help to promote personal wellness and recovery is a sign of the good judgement and reliability needed to maintain a security clearance.
- Real life stories of hope and recovery can motivate seeking help and taking safety precautions during times of high-stress. After Army vet Jay Zimmerman lost a fellow soldier to suicide and reached a crisis point in navigating his own psychological health challenges, he not only sought professional help but took simple steps to prevent himself from making "rash decisions" when he hit a rough patch. Check out his story here: <https://navstress.wordpress.com/2017/09/18/veteran-helps-advance-conversation-on-lethal-means-safety/>.
- Readiness doesn't begin at the time of crisis. If you're feeling more stressed than normal, don't wait until it begins to wear on you. Get it off your chest with the help of the BeThere Peer Support Call and Outreach Center, an anonymous, free and confidential outreach center available to all service members and their families. Reach out at 1-844-357-PEER (7337). Don't feel like speaking on the phone? You can also send a text to 480-360-6188. All communications are available 24 hours a day, seven days a week. Learn more at [www.betherepeersupport.org](http://www.betherepeersupport.org).
- Suicide Prevention Month is an opportunity to reenergize the conversation and set a positive tone for the upcoming fiscal year. Use this month to find everyday ways to make a difference in the lives of others. Bringing a shipmate a cup of coffee, sharing a meal together or lending a listening ear may seem small, but they can have a big impact when someone is feeling disconnected. 1 Small ACT can make a difference and save a life. For more ways to be there for Every Sailor, Every Day, visit [www.facebook.com/navstress](http://www.facebook.com/navstress).
- Self-care is your oxygen mask for everyday life and unpredictable moments alike. It includes tending to basic needs that may sometimes fall by the wayside during busy times, like getting adequate sleep and rest. Take a few moments to analyze your current sleep routine and set new goals. Aim for 7-8 hours of uninterrupted sleep and supplement with brief 20-minute naps when needed. Keep your sleeping environment dark and cool. Avoid alcohol, sugary or caffeinated beverages within two hours of bedtime.



### Social Media Messages





Use the following social media messages on personal or command/organization-operated social media accounts. For additional messaging throughout FY-19, like us on **Facebook** and **Twitter** to share directly from our pages. Additional graphics are available on **Flickr**.

Platform	Message	Graphic (Click to download)
	<p>September is #SuicidePreventionMonth. What can YOU do today to #BeThere and make a difference? Download the FY-19 1 Small ACT toolkit for ideas on how to get involved: <a href="https://go.usa.gov/xUd8s">https://go.usa.gov/xUd8s</a> #EverySailorEveryDay</p>	
	<p>If you're thinking about seeking help to navigate psychological or behavioral health concerns, #KnowTheFacts and reach out today. #1SmallACT</p>	
	<p>Applying for a #SecurityClearance? Not all psychological health treatment is required to be reported. Seeking help is a sign of the good judgement needed to be eligible for a clearance. #1SmallACT</p>	
	<p>Did you know? Seeking help to promote personal wellness and recovery may favorably impact a person's security clearance eligibility. #1SmallACT</p>	

	<p>#SuicidePrevention is: Working hand-in-hand to help those at risk. Knowing the warning signs. Asking the hard questions, like "are you thinking of killing yourself?" Reaching out, offering support and following up. Together we can #BeThere for #EverySailorEveryDay.</p>	
	<p>Quiz yourself. Do you know the warning signs of #suicide? Remember, you don't have to see every sign to ACT. #SPATHWARM</p>	
	<p>Need some deployment resources? Looking for relationship or financial support? Feeling more stressed than normal? The BeThere Peer Support Call and Outreach Center is there to help: Call 1-844-357-PEER (7337) or send a text to 480-360-6188. #1SmallACT #EverySailorEveryDay</p>	
	<p>Noticed a change in behavior? #ACT! Reach out, offer hope &amp; connect them with people that can help: 1-800-273-8255, press 1 or text 838255</p>	
	<p>Stress piling up faster than normal? Taking a few extra precautions can help keep you safe. #MeansSafety #MeansMatter</p>	
	<p>#DisposeProperly to reduce risk of prescription drug misuse during times of increased stress. It's #1SmallACT you can take to keep you and your loved ones safe. #MeansSafety #MeansMatter</p>	

## Posters & Additional Graphics

The following posters address key campaign topics for 2018 Suicide Prevention Month and can be displayed throughout FY-19. They are available for download from the *Every Sailor, Every Day* webpage on [www.suicide.navy.mil](http://www.suicide.navy.mil) using the links below. Full-size versions can be bulk-ordered from the **Naval Logistics Library (NLL)** free of charge. Display them in high-traffic areas including work centers, passageways, bathroom stalls, barracks and mess halls. Links to digital versions of each graphic are also provided for use on social media. For additional posters and graphics addressing Operational Stress Control, visit <https://go.usa.gov/xUwmC>.

Graphic Thumbnail	Description & Link
 <p>SECURITY CLEARANCES AND SEEKING HELP</p> <p>WHAT IS SO IN QUESTION? (BY) <b>WHAT DOES IT MEAN FOR YOU?</b></p> <p>KNOW THE FACTS: Less than 1% of security clearance denials and revocations are due to psychological health concerns. Seeking help to resolve psychological health concerns and necessary long-term treatment can positively impact security clearance eligibility.</p> <p>WHAT DOES NOT NEED TO BE REPORTED?</p>	<p><b>Security Clearance Poster, Version 1</b></p> <p>Promotes the positive impacts that seeking help for psychological health concerns can have on one's security clearance eligibility and includes guidance on treatment that does not have to be reported when answering the security clearance questionnaire.</p> <p>Poster Social Media Graphic 1</p>
 <p>SECURITY CLEARANCES AND SEEKING HELP</p> <p>WHAT IS SO IN QUESTION? (BY) <b>WHAT DOES IT MEAN FOR YOU?</b></p> <p>KNOW THE FACTS: Seeking a psychological health evaluation, working professional help, and responsibly using a security clearance. Seeking help to resolve psychological health concerns and necessary long-term treatment can positively impact security clearance eligibility.</p> <p>WHAT DOES NOT NEED TO BE REPORTED?</p>	<p><b>Security Clearance Poster, Version 2</b></p> <p>Promotes the positive impacts that seeking help for psychological health concerns can have on one's security clearance eligibility and includes guidance on treatment that does not have to be reported when answering the security clearance questionnaire.</p> <p>Poster Social Media Graphic 1 Social Media Graphic 2</p>
 <p>Are you or someone you know on a path to suicide? <b>Know the WARNING SIGNS!</b></p> <p>PATH WARM</p> <p>What to do:</p> <p>CARE</p> <p>TREAT</p>	<p><b>Warning Signs Poster</b></p> <p>Describes immediate warning signs of suicide using American Association of Suicidology's IS PATH WARM mnemonic device and details how to intervene.</p> <p>Poster Social Media Graphic</p>
 <p>PROPERLY STORING YOUR FIREARM CAN HELP PREVENT SUICIDE</p> <p>It's time to improve and unlock a secure</p> <p>Secure firearms unloaded, locked in a secure container, inaccessible to children, and inaccessible to anyone else.</p> <p>Why is it important to properly store your firearm? Proper storage can help prevent suicide, reduce the risk of accidental injury, and ensure your firearm is ready for use when needed.</p>	<p><b>Lethal Means Safety Poster, Version 1</b></p> <p>Part of an ongoing series addressing ways to practice lethal means safety during times of increased stress.</p> <p>Poster Social Media Graphic 1 Social Media Graphic 2</p>





### Lethal Means Safety Poster, Version 2

Part of an ongoing series addressing ways to practice lethal means safety during times of increased stress.

Poster  
Social Media Graphic



### Lethal Means Safety Fact Sheet

Single page fact sheet addressing ways to practice lethal means safety, including firearm storage, use of gun locks and prescription drug disposal. Includes information on accessing free gun locks in the fleet.

Fact Sheet



### #BeThe1To Graphics

Six graphics produced in partnership with the National Suicide Prevention Lifeline's #BeThe1To campaign using five action steps to illustrate how to intervene: Ask, Keep Them Safe, Be There, Help Them Connect, Follow Up.

[Download Here](#)

### Digital Marquee Banners

Series of three banners that can be displayed on installation digital marquees to promote active engagement in stress navigation and suicide prevention efforts.

[Download Here](#)



For additional messages and free materials related to suicide prevention and psychological health that can be used throughout the year, visit the following ESED campaign partners:

- [NMCPHC's September Health Promotion & Wellness Toolbox](#)
- [Real Warriors Campaign](#)
- [Guard Your Health Campaign](#)
- [Human Performance Resource Center \(HPRC\)](#)
- [Defense Suicide Prevention Office \(DSPO\)](#)



# #BeThere for Every Sailor, Every Day.

September is Suicide Prevention Month. Challenge yourself to 1 Small ACT each day to build healthy habits for yourself and be there for *Every Sailor, Every Day*.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>2</b> Yoga can be a helpful self-care practice to de-stress, decompress and stay present in the moment. See how yoga helped this Sailor find clarity in her life at <a href="http://bit.ly/RechargeWithYoga">bit.ly/RechargeWithYoga</a>.</p>	<p><b>3</b> This Labor Day, remember that you are not alone. There are resources to help you navigate challenges 24/7. Bookmark this list: <a href="http://bit.ly/VCLBeThere">bit.ly/VCLBeThere</a>.</p>	<p><b>4</b> De-clutter to de-stress. Safely dispose of the leftover prescriptions in your medicine cabinet by putting them in a small bag with used coffee grounds and throwing them in the trash.</p>	<p><b>5</b> Need your phone to help you remember everything? Let it remind you to #BeThere. Set a 1 Small ACT weekly reminder to check-in on yourself and your friends.</p>	<p><b>6</b> At the end of the day, reflecting on the positive can put things into perspective. Get your journal (or start one) and write down three good things that happened today.</p>	<p><b>7</b> Download the Pier Pressure app to get a head start on safety if your weekend plans involve alcohol. Use it to check alcohol content in drinks, find a safe ride home and more.</p>	<p><b>1</b> Like @U.S Navy Operational Stress Control on Facebook for small acts to help you navigate stress, prevent suicide and #BeThere for Every Sailor, Every Day.</p>
<p><b>9</b> In your journal, reflect on an experience in your life that taught you an important lesson about having support or being supportive.</p>	<p><b>10</b> Did you know? Less than 1% of security clearances are revoked or denied for psychological health reasons. Share this fact with 2 friends today.</p>	<p><b>11</b> Share the Military Crisis Line number with a fellow Sailor today as a way to be there for Every Sailor. Every Day. 1-800-273-8255, Press 1.</p>	<p><b>12</b> Transform your life into what you want it to be by setting intentions. The week may be halfway over, but it's not too late to reflect on how you can make it better!</p>	<p><b>13</b> If you're dealing with additional stress, store your firearm unloaded with a gunlock in a secured safe, separate from ammo. Learn more at <a href="http://www.suicide.navy.mil">www.suicide.navy.mil</a>.</p>	<p><b>14</b> Plan a fun game night with your buddies. Relieve stress with friendly competition, jokes and laughs. Just don't flip any tables!</p>	<p><b>15</b> What is said to a Navy chaplain stays with a Navy chaplain unless you decide otherwise. Need to talk through something? Reach out to your nearest chaplain.</p>
<p><b>16</b> "Mountain pose" can help you stay grounded this week. Stand tall with your feet hip-width apart, hands by your sides and palms forward. Relax and breathe deeply.</p>	<p><b>17</b> Snacking under stress? Make healthy swaps, like almonds instead of M&amp;Ms, to help rebalance your mood and increase your energy.</p>	<p><b>18</b> Noticed small changes in a friend's behavior? Identify signs and intervene: <a href="http://go.usa.gov/KRVYH">go.usa.gov/KRVYH</a>. You don't have to see every sign to ACT!</p>	<p><b>19</b> Get over the hump today by taking five minutes to breathe. Set a timer, close your eyes and breathe deeply, in through your nose and out through your mouth.</p>	<p><b>20</b> Yawning already? Plan for a 20-minute nap today if you can, or aim for 7-8 hours of sleep tonight. Avoid alcohol, caffeine and heavy meals close to bedtime.</p>	<p><b>21</b> Fit Friday! You don't need a gym to get in a good workout and relieve stress. Learn how to work out without equipment at <a href="http://bit.ly/MinimalistFitness">bit.ly/MinimalistFitness</a>.</p>	<p><b>22</b> Headed out? Notice how alcohol affects you psychologically and physically. Learn more about Mindful Drinking at <a href="http://bit.ly/SPMindfulDrinking">bit.ly/SPMindfulDrinking</a></p>
<p><b>23</b> A 2013 poll found that 81% of Americans get Sunday Night Blues. Take some time today to journal about five things you are looking forward to this week.</p>	<p><b>24</b> Today, try a body scan. Starting with your feet and moving up, observe sensation in each part of your body. You can do this lying down, seated or standing.</p>	<p><b>25</b> Who is your Suicide Prevention Coordinator? No idea? Ask your unit leader and set aside time to connect with them.</p>	<p><b>26</b> Talking to someone who's "been there" can help you gain new perspective. Reach out to the BeThere Peer Support Center Call 1-844-357-PEER for free and confidential support.</p>	<p><b>27</b> Moderate dehydration can elevate feelings of anxiousness. Are you drinking enough water? Find out with this calculator: <a href="http://bit.ly/GYHH20Calculator">bit.ly/GYHH20Calculator</a>.</p>	<p><b>28</b> You've probably heard about mindfulness, but what about mindful eating? Really enjoy your lunch today by savoring the flavors, smells and textures.</p>	<p><b>29</b> Reach out and ACT if a friend makes concerning posts on social media that express feelings of hopelessness. Learn more at <a href="http://bit.ly/RecognizeSocialMediaRisk">bit.ly/RecognizeSocialMediaRisk</a>.</p>



#BeThere for Every Sailor, Every Day.

September is Suicide Prevention Month. Challenge yourself to 1 Small ACT each day to build healthy habits for yourself and be there for *Every Sailor, Every Day*.

30 Stretch it out today with "downward dog." Get onto your hands and knees, then raise the knees off the floor and hips up to form a triangle, making sure your arms and legs are straight.

Keep it going! Follow us online for Small ACTs to help you continue to strengthen your psychological well-being and prevent suicide all year long:

- <http://www.facebook.com/navstress>
- <http://www.twitter.com/navstress>
- <https://navstress.wordpress.com>
- <http://www.suicide.navy.mil>





### Stress Navigation Plan

Effective stress navigation doesn't start once stress becomes a distraction; it starts by planning ahead and exploring available resources proactively. This Stress Navigation Plan is a personal list of positive strategies and support resources that you can turn to during times of increased stress and adversity. It can also be used as a "conversation starter" when a shipmate is encountering difficulty and may benefit from resources to enable healthy decision-making.

#### How do I know when I'm stressed out?

- c. **Physical signs** (change in energy level, muscle tension, etc.):
  
- d. **Emotional signs** (negative thoughts, feeling overwhelmed, easily agitated, etc.):
  
- e. **Social or behavioral signs** (spending less time with friends/family, increased use of alcohol or tobacco, etc.):

#### These strategies or actions help me when...

- a. I need a good laugh:
  
- b. I need to relieve stress on my own:
  
- c. I need to connect with others and/or my spirituality:
  
- a. I'm not able to sleep:
  
- b. I find myself thinking negative thoughts:

I can talk to \_\_\_\_\_ [person's name and contact information] when I encounter...

- a. Transitions and changes:
- b. Work or career stress:
- c. Relationship issues:
- d. Financial stress:
- e. Feelings of despair and/or loneliness:
- f. Grief or loss:

Today I am grateful for....

One thing I look forward to accomplishing in the future is...



Severe or prolonged exposure to stress may lead to stress injury. While most stress injuries heal over time, if left untreated they may progress into more serious physical and psychological health impacts.

**It's okay to speak up when you're down. To promote recovery:**

- Seek guidance from a medical professional, support resource, counselor, or a Navy chaplain.
- Communicate with a trusted shipmate or leader to harness support and promote safety.
- Practice the strategies you identified above.

**IS PATH WARM? Know these warning signs that warrant professional help:**

- **I**deation: Thoughts of suicide (expressed, threatened, written)
- **S**ubstance abuse: Increased or excessive alcohol or drug use
- **P**urposelessness: Seeing no reason for living or meaning in life
- **A**nxiety: Anxiousness, agitation, nightmares or inability to sleep
- **T**rapped: Feeling as though there is no way out of current situation
- **H**opelessness: Feeling hopeless about oneself, others or the future
- **W**ithdrawal: Isolating from friends, family, usual activities, society
- **A**nger: Feelings of rage or uncontrollable anger, seeking revenge
- **R**ecklessness: Acting without regard for consequences
- **M**ood change: Dramatic changes in mood, unstable mood

**If I am in crisis and need immediate help, I can call the Military Crisis Line for 24/7 confidential support at 1-800-273-TALK (8255) and Press 1. I can also text 838255 or visit [www.militarycrisisline.net](http://www.militarycrisisline.net) for chat support.**

**I can also get help by reaching out to (include name and contact information):**

- a. My local chaplain:
- b. Fleet and Family Support Center (FFSC):
- c. My local MTF:
- d. Other:

**Confidential, 24/7 Support Lines for Stress:**

Military OneSource: call 1-800-342-9647, visit [www.militaryonesource.mil](http://www.militaryonesource.mil)

DoD BeThere Peer Support Call & Outreach Center: call 1-844-357-PEER, text 480-360-6188, visit [www.betherepeersupport.org](http://www.betherepeersupport.org)

Real Warriors Live Chat: call 866-966-1020 or visit [www.realwarriors.net/livechat](http://www.realwarriors.net/livechat)


**1 Small ACT can make a difference. Life counts.**

## Suicide Prevention Facts & Key Messages

Share the following facts and key messages to reshape the conversation about suicide, encourage seeking help and promote a culture supportive of psychological health.

- Protective factors are resources and aspects of our lives that promote healthy stress navigation and good coping skills.** They can be personal, external or environmental. Protective factors against suicide include a strong sense of community and belonging, strong connections with family and friends, comprehensive wellness and good health practices, a sense of purpose and fulfillment, access to health care, practicing lethal means safety, good problem solving and coping skills.
- Self-care is an essential component of good health and can be thought of as a set of survival skills.** Self-care includes basic activities of daily living (such as eating a balanced diet, grooming, getting adequate sleep, exercising and attending to medical concerns). It also includes activities that can enhance psychological and emotional well-being, such as journaling, meditation, social connection, counseling or therapy.
- Risk factors for suicide are complex but consist of a chain of events leading an individual to feel anguish and hopelessness, with the capacity to be lethal (due in part to impacted judgment and access to means).** Risk factors include a disruption in primary relationship, loss of status, feelings of rejection or abandonment, increased substance use or abuse, pending legal/disciplinary actions, transition periods and access to lethal means.
- Annual case reviews consistently reveal that suicide risk is higher when Sailors are experiencing multiple stressors, including transitions, relationship issues and career or personal setbacks.** Active communication is important, especially when a Sailor is alone and away from their support networks.
- When it comes to warning signs, remember IS PATH WARM:** Ideation, Substance abuse, Purposelessness, Anxiety, Trapped, Hopelessness, Withdrawal, Anger, Recklessness, and Mood changes. These signs may indicate that a person is at immediate risk of suicide. You don't have to see every sign to intervene.
- Practicing means safety by ensuring that certain items are out of reach during times of increased stress has been proven effective at preventing suicide.** Lethal means of suicide include but are not limited to firearms, some prescription medications, ropes, sharp objects and structural hazards. For added safety during times of increased stress, store personally owned firearms with a gun lock in a secured safe separate from ammunition.

**Did You Know?**



According to Navy Suicide Prevention Branch's annual cross-disciplinary case reviews, a majority of Sailors who die by suicide experience a combination of stressors prior to death that have been historically associated with suicides in the Navy. These stressors include:

- Intimate relationship problems
- Loss (death of a friend or loved one, etc.)
- Disrupted social network
- Disciplinary and/or legal issues
- Work problems (performance and conduct, work relationships, etc.)
- Sleep problems
- Financial strain





Dispose of unwanted, unused or expired medications by emptying them into a sealable plastic bag with used coffee grounds or another undesirable substance, and throwing the bag and empty bottles in the trash. Use a dark marker to cross out your personal information from the label. The Military Health System has also established a year-round prescription drug take back program using safe, convenient and anonymous drop boxes placed at MTFs. Check with your local MTF to see if they are participating in this program.

- **Per NAVADMIN 263/14, Sailors can work with their commanding officers and health professionals to arrange voluntary safe storage of their personal firearm during a high-risk period.** This applies to all Sailors (both active and reserve) and is in accordance with Section 1057 of the National Defense Authorization Act of Fiscal Year 2013.
- **Seeking help to promote personal wellness and recovery may favorably impact a person's security clearance eligibility.** Less than one percent of security clearance denials and revocations involve psychological health concerns. It's okay to speak up when you're down.
- **Most people who do consider suicide do not want to die; they want their pain to stop.** Very few people who consider suicide are determined to end their life. Traumatic life events or jolting changes may surpass a person's ability to cope and cause feelings of hopelessness and burdensomeness. While treatment should be handled by a professional, you can take the first life-saving steps by reaching out, offering hope and seeking help.
- **Suicide risk is highest in the 90 days following an attempt or other suicide-related behavior. Access to care is critical.** The Sailor Assistance and Intercept for Life (SAIL) program offers a series of caring contacts, risk assessment and reintegration assistance following a suicide-related behavior to promote recovery. Participation is voluntary and does not replace mental health services but is designed to bring together support and tools to reduce risk and promote resilience.
- **1 Small ACT can make a difference and save a life. #BeThere for Every Sailor, Every Day.** All members of the Navy community should lead by example and take proactive steps toward strengthening physical, psychological and emotional wellness on a daily basis, recognizing when it's necessary to seek help.
- **If you notice anything out of the norm from your shipmate, one conversation—1 Small ACT—can open the door for support by breaking the silence and facilitating early intervention.** If you think a shipmate is having trouble navigating stress, ACT (Ask, Care, Treat):
  - Ask – Ask directly, "Are you thinking of killing yourself?"
  - Care – Listen without judgment. Show that you care.
  - Treat – Get help immediately and don't leave the Sailor alone. Escort him or her to the nearest chaplain, trusted leader or medical professional for treatment.



## Best Practices for Safe Suicide Prevention Messaging

The manner in which suicide is discussed in any setting (training, everyday conversation, public messaging, media coverage, etc.) can either motivate positive behavior or contribute to risk. All discussion of suicide should follow guidelines for safe messaging, per the National Strategy for Suicide Prevention.

- **Use objective language.** Describing a suicide attempt as “successful,” “unsuccessful” or “incomplete” frames suicide death as a desirable state. Attempts are either fatal or non-fatal. Additionally, the term “committed suicide” frames it as a crime, which can increase barriers to seeking help by reinforcing negative attitudes. Use “die by suicide” or “death by suicide” instead.
- **Always foster a positive suicide prevention narrative.** Inclusion of data and statistics should not undermine the intent to convey a positive and action-oriented message that promotes understanding of suicide risk and protective factors, encourages active dialogue about suicide and psychological health and promotes help-seeking behavior. The vast majority of those who encounter stress, adversity and/or psychological health challenges do *not* die by suicide.
- **Use numbers with discretion.** A single life lost to suicide is one too many. Extensive discussion of numbers shifts the focus away from preventive actions that can save lives. Avoid presenting suicide as an “epidemic” or common occurrence among a particular community. This can normalize suicide to those at-risk, discouraging positive action and seeking help. Always include appropriate resources within every discussion of suicide, such as the Military Crisis Line.
- **Avoid glamorizing deaths by suicide.** Although “peace” may be a desirable state for those who are encountering adversity, stating that a person found peace by taking his or her life glorifies the act. Dying by suicide may sound more attractive to those who are struggling to cope with psychological pain when it seems like an escape. Always separate the person’s positive life accomplishments from their final act.
- **Avoid presenting suicide as an inevitable event or oversimplifying the cause.** Most suicidal people exhibit warning signs, which may be caused or exacerbated by mental illness and/or substance abuse disorders. However, no one should feel as though suicide is the inevitable solution. Discuss risk factors commonly associated with suicide to increase awareness and promote seeking treatment. It’s best to shift the focus away from speculated causes of a single case. Revealing unconfirmed details may lead to generalizations that could normalize the event and hinder postvention efforts.
- **Always provide information for assistance.** To promote help-seeking behavior, accompany discussions about suicide and psychological health with available resources including chaplain support, **Military OneSource**, or the **Military Crisis Line**.

Additional safe messaging tips are available at

<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org>.

## Training & Education Opportunities


### Annual Suicide Prevention Month Webinar

On Sept. 6, 2018 at 1 p.m. EDT, Navy Suicide Prevention Branch and the ESED campaign will co-host a webinar with Navy & Marine Corps Public Health Center's Health Promotion and Wellness (HPW) Department. This year's webinar is entitled 'Your ACTions could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day' and will be led by Navy Suicide Prevention Branch's Clinical Psychologist.

Objectives include:

1. Share current and emerging best practices from the suicide prevention industry that gatekeepers can tailor and incorporate into their toolkits.
2. Educate gatekeepers on lessons learned from Navy's annual "Deep Dives," better enabling them to protect Sailors, detect challenges and connect them with resources.
3. Promote a safe, cohesive and consistent suicide prevention narrative across the Navy through evidence-informed messaging and materials to support local engagement.

**Register for "Your Actions Could Save a Life: 3 Ways to #BeThere for Every Sailor, Every Day"**



Registration is required. Please access <https://survey.max.gov/933674> to register. Registration closes 31 August 2018.

This webinar is intended for leaders, SPCs, CRT members and gatekeepers (chaplains, first responders, legal staff, etc.) who have frequent contact with at-risk Sailors. Register by August 31, 2018 at <https://survey.max.gov/933674>. You must have a common access card (CAC) to register for and attend this event. A link to the archive of this training will be available on [www.suicide.navy.mil](http://www.suicide.navy.mil) > **Command & leaders** > **Command Training Resources**.

### Every Sailor, Every Day Twitter Chat: #ACT2PreventSuicide

On September 27, 2018 at 2 p.m. EDT, the Every Sailor, Every Day campaign will host its first Twitter from Navy Operational Stress Control's [@NavStress](https://twitter.com/NavStress) Twitter page. #ACT2PreventSuicide will focus on how to apply and operationalize Navy's Ask Care Treat (ACT) model in everyday life. Topics will include:

- How to recognize risk factors and immediate warning signs of suicide in daily interactions (including on social media);
- How to start the conversation with someone who may be at risk or is displaying warning signs;
- How and where to reach out for help for yourself or others; and
- How to fit small acts of self-care into hectic schedules.

This Twitter chat is ideal for all audiences, including Sailors and their family members, as well as SPCs, gatekeepers, and organizations that support the Navy community. To participate in this conversation, log into your Twitter account at the above day/time and search #ACT2PreventSuicide. Include the hashtag in your questions and responses.





### Navy Suicide Prevention Branch Gatekeeper Training

Studies of Navy suicides have revealed that gatekeepers—corpsmen, family members, ombudsmen, transient personnel unit (TPU) and barracks staff, schoolhouse instructors and legal staff—tend to interact more often with Sailors who are at a heightened risk. Because of their more frequent contact with at-risk Sailors, they require enhanced and in-depth training on ways to assess and address suicide risk.

Navy Suicide Prevention Branch now offers targeted trainings to educate gatekeepers on key suicide prevention concepts, strengthen the skills needed to accurately assess someone at risk and develop a plan. These trainings are based on the **DoD required training competencies** and can replace the annual General Military Training (GMT) for each of the gatekeeper communities. They may be taught by a mental health care provider, FFSC counselor, Navy chaplain, deployed resilience counselor, or SPC. Suicide Prevention Month is a prime opportunity to conduct gatekeeper training to ensure Navy-wide engagement.

The trainings are accompanied by lesson plans. The final slide of each training contains a link to free video training that anyone can use. They are user-friendly for small group discussions in accordance with the new GMT design. The lesson plans and trainings for each gatekeeper community are available below.

Ombudsmen & Families	TPU & Barracks Staff	Schoolhouse Instructors	Attorneys & Legal Staff
<a href="#">Lesson Plan</a>	<a href="#">Lesson Plan</a>	<a href="#">Lesson Plan</a>	<a href="#">Lesson Plan</a>
<a href="#">Training Slides</a>	<a href="#">Training Slides</a>	<a href="#">Training Slides</a>	<a href="#">Training Slides</a>

### Additional Resources for Leaders and Gatekeepers

Suicide Prevention Month is not only an opportunity to engage Sailors but ensure that local programs are implemented and regularly refreshed in accordance with policy. The following resources support local program implementation in alignment with OPNAVINST 1720.4A and Navy Suicide Prevention-related administrative messages:

- [Navy Suicide Prevention Handbook](#)
- [Sailor Assistance and Intercept for Life \(SAIL\) Leadership Messaging](#)
- [SAIL Waterfall Brochure for leaders and providers](#)
- [SAIL Rack Card and Poster](#)
- [SAIL Commander’s Toolkit](#)
- [Communications with Medical Providers Regarding Mental Health Treatment](#)

