

IN THIS ISSUE:

PAGE 1

PSA Contest

News You
Can UseStress
Navigation
PlansLifeLink
Spotlight

PAGE 2

August
Upcoming
EventsAround The
Fleet: Crisis
Response
PlansNews You
Can Use
(cont'd)Four
Anchors of
Suicide
Prevention
Awareness
Month

THERE'S STILL TIME TO SUBMIT YOUR ENTRY FOR THE SUICIDE PREVENTION PSA CONTEST!

Expressing how we feel and listening to each other are important parts of expanding our understanding of stress, stress illnesses and alternative perspectives. In order for those feelings to be understood by those we care about, we need to explore different ways to discuss our ideas. Navy Behavioral Health supports the effort to expand that discussion by developing the Suicide Prevention PSA Video Contest (SPPSAC).

The SPPSAC is designed to encourage participation from Sailors across the Navy, with an emphasis on promoting Suicide Prevention as an All Hands Evolution. These peer-to-peer messages will promote awareness of suicide warning signs and bystander intervention among viewers, while advocating help-seeking behavior from a Sailor's point-of-view. Each entry must convey a clear suicide awareness or prevention message utilizing one of this year's core program themes: "It's Okay to Speak up When You're Down" or "Life is Worth Living." While creatively emphasizing one or both of these messages, an element of "ACT (Ask Care Treat)" must be referenced.

Entries must be submitted by 24 August. The winning PSA will be announced on 28 September, culminating Suicide Prevention Awareness month, and will subsequently be broadcast on Direct-to-Sailor Television and provided to the American Forces Network and the Pentagon Channel. In addition, winners will receive a commemorative award presented by Senior Leadership.

We need to hear from you! This is your chance to share your thoughts about how to prevent suicide among fellow Sailors with your shipmates and leadership. You don't have to be a professional videographer to participate! All you need is access to any recording device—even a Smartphone! Video submissions can be a maximum of 50 seconds in length. *What will yours say?*

For more information: See [Contest Rules and Entry](#) or contact caroline.miles.ctr@navy.mil

			
READY	REACTING	INJURED	ILL
Good to go Fit & focused	Worried, irritable, or sad	Persistent distress, fatigue, grief	Impact of stress gets worse, gets better then worse
← Get Back to Green			

Stress navigation starts before stressors become distractions by exploring our available resources while we're still emotionally and physically healthy. Take a moment to note your practices and personalize your plan to navigate stress (template available online in September). Fill out yours and encourage your shipmates to stay mission-ready by doing the same!

What do you do when
you're stressed?

NEWS YOU CAN USE

NAVADMIN 218/12 Announces Suicide Prevention PSA Video Contest [NAVADMIN](#)

Navy Announces Suicide Prevention Video Contest [NPC Article](#)

Sailor Achieves Olympic Dream...with her Husband [Navy Live](#)

'Shipmates to Workmates' Assists ERB-Affected Sailors at Hiring Event [News Story](#)

LIFELINK SPOTLIGHT – USS DWIGHT D. EISENHOWER (CVN 69)

This month's LifeLink Spotlight recognizes the outstanding efforts of our Sailors aboard "IKE" for promoting stress navigation resources and supporting the *all hands evolution* of suicide prevention. Personnel aboard the aircraft carrier arranged a flyover photo opportunity, with Sailors standing on deck to spell out the Veterans Crisis Line phone number (800-273-8255). The photo will be available online soon! Bravo Zulu shipmates!

AUGUST
UPCOMING
EVENTS

20 Jul – 24 Aug

*Suicide
Prevention
Public Service
Announcement
Contest
accepting
submissions*

09 – 30 Aug

*Primary Care
Provider
Training (Live
format and
webinar)
Details [here](#)*

For more
upcoming
events and latest
news, visit
suicide.navy.mil

AROUND THE FLEET: COMMANDS ENCOURAGED TO UPDATE CRISIS RESPONSE PLANS

September is Navy Suicide Prevention Awareness Month. In addition to providing commands, families and extended Navy communities with the resources to thrive in emotionally healthy and meaningful lives, the Navy Suicide Prevention Program is using this month as an opportunity to strengthen preparedness fleetwide. Relevant and meaningful tools for navigating stress are essential to preserving force readiness and individual health and well-being. While ideally we would like to foster an environment that promotes awareness and intervention strategies *before* a person has reached the threshold of debilitating stress, procedures must be in place in order to accommodate emergencies.

All commands are encouraged to update their specific Suicide Prevention Program, which includes tailoring their Crisis Response Plans (CRP). Plan ahead to schedule a drill during September so your command can practice executing its freshly tailored CRP as if responding to an actual behavioral health emergency. Resources for tailoring your CRP, including a basic [checklist](#), can be found on www.suicide.navy.mil.

Because each command's environment is unique, there is no single CRP that will work for all. Assess your existing Suicide Prevention Program, and get to know the needs of your shipmates and available resources prior to making updates. How is your command promoting help-seeking behavior and encouraging Sailors to speak up when they're down? Here are a few things to keep in mind when updating or strengthening your program and Crisis Response Plan:

- Are you ensuring that annual suicide prevention training is conducted and tracked?
- If a Sailor needs to access mental health services, what procedures does your plan have in place to facilitate this process, day or night?
- If a behavioral health emergency has escalated, how does your safety plan address removal of personal and environmental hazards until mental health services arrive?

For more sustainable initiatives that will strengthen your command's Suicide Prevention Program year-round, see "[Seven Everyday Ways to Promote Suicide Prevention Awareness.](#)" Stand by for more details regarding Navy Suicide Prevention Awareness Month!

NEWS YOU CAN USE (CONT'D)

Tips to Help Keep Your Relationship Strong [DCoE Blog](#)

21st Century Sailor and Marine – Physical Fitness [DoD Live](#)

Sailor Makes Worthwhile Discovery During Community Service [News Story](#)

Federal Programs Help Sailors Serve Again [News Story](#)

Bataan CSADD—Sailors Helping Sailors [News Story](#)

**Coalition of Sailors Against Destructive Decisions Urges 'Wait 2 Txt,'
'Txtng Kills,' And 'Dnt Txt'** [News Story](#)

The "Four Anchors" of Navy Suicide Prevention Awareness Month: *Build Resilience, Navigate Stress/Identify Resources, Encourage Bystander Intervention to ACT, Reduce Barriers*

Stay Connected!

www.suicide.navy.mil
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