

## SUICIDE PREVENTION: RESOURCES

### DISCUSSION LEADER'S OUTLINE

#### **INTRODUCTION**

Good morning my name is \_\_\_\_\_. Today we will be talking about Suicide Prevention resources.

The **ground rules** for this discussion are:

- (1) No personal attacks on anyone's opinions
- (2) Allow each participant to express themselves
- (3) Make head calls at your leisure, just don't interrupt the group
- (4) Keep your language clean as not to offend others
- (5) PARTICIPATION BY ALL!!!!!!

#### **Gain Attention**

As a Marine, there may come a time when you or a fellow Marine may need assistance. This discussion is designed to help you identify some available resources.

**Key points** for this discussion will be:

- (1) Recognizing when assistance is needed.
- (2) Know how to find the appropriate resource.

**Learning Objective:** Know when to seek assistance and how to locate the proper resource.

#### **DISCUSSION**

The ethos of the Marine Corps is Honor, Courage and Commitment. Let's discuss what they mean:

**Honor:** To live your life with integrity, responsibility, honesty, and respect.

**Courage:** The mental, moral, and physical strength to do what is right in the face of fear, uncertainty or intimidation.

**Commitment:** Unwavering, selfless dedication to mission accomplishment in personal and professional responsibilities.

In "Keeping Faith" it is the responsibility of every Marine to make sure he/she is mentally, spiritually, physically, and socially fit. If you are experiencing distress it is best to seek help before it becomes a serious problem. Anxiety, difficulty sleeping, lack of focus, sadness, irritation, loss of interest, nightmares, anger, panic, and rage are only a few symptoms that, not given proper attention, can lead to serious consequences. Some of the resources we are going to discuss offer totally anonymous services, while others may require contact information, should you need additional assistance.

## **RESOURCES**

### **PEERS:**

When you experience temporary and mild distress, characteristic of the Yellow Zone, (refer to Stress Continuum – Enclosure 1) engage your peers. Sometimes talking to another Marine is all you need to manage issues and return to the Green Zone. OSCAR team members are selected unit Marines trained to prevent, identify, and manage stress problems as early as possible; as your peers they can help you build a plan to get back on track.

### **CHAIN OF COMMAND:**

Leaders at all levels are responsible for preserving the psychological and physical health of their Marines, Sailors, and their family members. This responsibility applies to every link in every chain of command from fire team leaders and work center supervisors to combatant commanders and commanding officers. To promote psychological health in their Marines and Sailors, leaders must actively foster resilience, prevent stress problems as much as possible, recognize when stress problems occur, and eliminate the “avoidance factor” with getting needed help.

### **CHAPLAIN:**

Regardless of an individual’s faith or spiritual beliefs, chaplains are committed to caring for all Sailors, Marines, Coast Guardsman, and their families with dignity, respect and compassion. Rooted in the sacred trust between an individual and a chaplain, chaplains are bound by unbreakable confidentiality. What you say to a chaplain in confidence stays between you and the chaplain, unless you decide differently. You hold the key. Service members and families have the right and privilege to confidential communication with a chaplain. Chaplains have the obligation and responsibility to protect and guard their confidential communications. They cannot be compelled to disclose this information.

<http://doni.daps.dla.mil/Directives/01000%20Military%20Personnel%20Support/01-700%20Morale,%20Community%20and%20Religious%20Services/1730.9.pdf>  
[www.chaplain.navy.mil](http://www.chaplain.navy.mil)

### **MEDICAL/MCCS:**

It is your responsibility, and part of the commitment to the Corps, to be ready to handle whatever the Marine Corps needs of you at any time. You can only do this by being at your best, and sometimes that means asking for and accepting help. It takes courage to ask for help, and doing it at the first signs of difficulty should not impact your career. Medical/MCCS offers a variety of resources to assist Marines and their families.

### **DSTRESSLINE:** Call 1-877-476-7734

From the everyday stressors of life to the stressors related to combat, stress can affect even the strongest Marine. The DSTRESS Line was developed by the Corps to provide professional, anonymous counseling for Marines, Sailors, and families when it’s needed most. [www.dstress.com](http://www.dstress.com)

### **MILITARY AND FAMILY LIFE CONSULTANTS (MFLC):**

The Military and Family Life Consultants initiative offers free, anonymous support to active-duty Soldiers, National Guardsmen, reservists, and their families. Contact your MCCS office to learn how to connect with this resource.

### **BEHAVIORAL HEALTH INFORMATION NETWORK (BHIN):**

The Behavioral Health Information Network (BHIN) is a web-based clearinghouse for the latest

information and tools for Marines, families and professionals on prevention and other behavioral health resources. These free educational materials are excellent tools that will assist units and installation support services in educating the military community about building resiliency, recognizing reactions and determining the need for help. The materials are available in print and media form to include: brochures, wallet cards, posters, workbooks, pocket guides, and DVDs.  
<http://bhin.usmc-mccs.org/>

**TRICARE:**

Official site for the US Military and their families to find mental health assistance. Dependent's covered under Tricare Prime, Prime Remote, Extra, Standard and the U.S. Family Health Plan can receive eight counseling sessions at no cost by self-referring to a Tricare network provider. An online self-screening program is available for all military branches. This program is set up to help service members and their spouses overcome and confront possible mental-health problems. It is available 24/7 and provides anonymity.

<https://www.tricareonline.com/portal/page/portal/TricareOnline/Portal>

**MILITARY ONE SOURCE:**

The "official" help-line site of the Department of Defense that is an overall portal on any issue imaginable. Designed for the active duty member, it does also offer assistance for spouses and children of active-duty members to find mental health related services. When there is a need, a consultant can refer a service member or eligible family member to a licensed professional counselor in the local community (within 30 miles) for six sessions per issue at no cost to the military or family member. Call 800-342-9647 for more information.

<http://www.militaryonesource.mil/>

**AFTER DEPLOYMENT:**

Provides a list of wellness resources for the military community.

<http://afterdeployment.t2.health.mil/>

**GIVE AN HOUR:**

Simply enter your zip code on the Web site to find a list of doctors in your area who have pledged to donate an hour a week to serve military families. Then contact the doctor's office to set up an appointment for free, confidential care. Provider's specialties cover a wide range of mental health services, including post-traumatic stress disorder, family therapy, trauma, bereavement, and marital counseling. <http://www.giveanhour.org/>

**MILITARY PATHWAYS:**

Military life can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. Use this totally anonymous and voluntary self-assessment tool to find out what is happening:

<https://www.militarymentalhealth.org/screening/default.aspx>

**NATIONAL SUICIDE PREVENTION LIFELINE:** Call 1-800-273-TALK

At the website you can find information and resources or choose to chat live with a counselor. Or call 1-800-273-TALK and press #1 to connect to a special Veteran's Affairs (VA) suicide crisis line staffed by mental health professionals 24/7. <http://www.suicidepreventionlifeline.org/>

**RED CROSS:**

Offers confidential services to all military personnel — active duty, National Guard and Reserves, and their families. Counseling, guidance, information, referrals, and other social services are available through our worldwide network of chapters and offices on military installations.

[www.redcross.org](http://www.redcross.org)

**REAL WARRIORS CAMPAIGN:**

The Real Warriors Campaign is a DoD initiative to promote the processes of building resilience, facilitating recovery and supporting reintegration of returning service members, veterans and their families. For Psychological Health and Traumatic Brain Injury Information and Resources call 866-966-1020

**THE MILITARY SPOUSE CAREER CENTER:**

A micro site of the larger **military.com** Web site, the Military Spouse Career Center has a page dedicated to helping military spouses find counselors and mental health assistance. There is also a smaller area dedicated to assistance for children.

**T2 MOOD TRACKER:**

T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments. <http://t2health.dcoe.mil/apps/t2-mood-tracker>

**THE NATIONAL MILITARY FAMILY ASSOCIATION:**

A non-profit, predominately volunteer organization with membership from the seven uniformed services, active duty, National Guard, reserves and retired, their families, and survivors, as well as interested civilians. NMFA's sole focus is serving military families through education, information and advocacy. [www.militaryfamily.org/](http://www.militaryfamily.org/)

**TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS:**

The Tragedy Assistance Program for Survivors is the non-profit Veterans Service Organization offering hope, healing, comfort and care to all those who are grieving the death of a loved one in the Armed Forces. TAPS receives absolutely no government funding, but through the Departments of Defense and Veterans Affairs, all families faced with a death of a loved one serving in the Armed Forces receive information about TAPS and our military survivor programs. <http://www.taps.org/>

**KEY POINT 1**

1. No one is above needing help.
2. It is always best to seek assistance when the need arises.

**KEY POINT 2**

1. Recognize when you or a fellow Marine needs help.
2. Know which resources are appropriate for your need.

**SUMMARY/CONCLUSION**

**Closing Statement:** Today we have discussed available resources. You will find the list offers resources that provide a wide array of services. I am confident that you will know when to seek

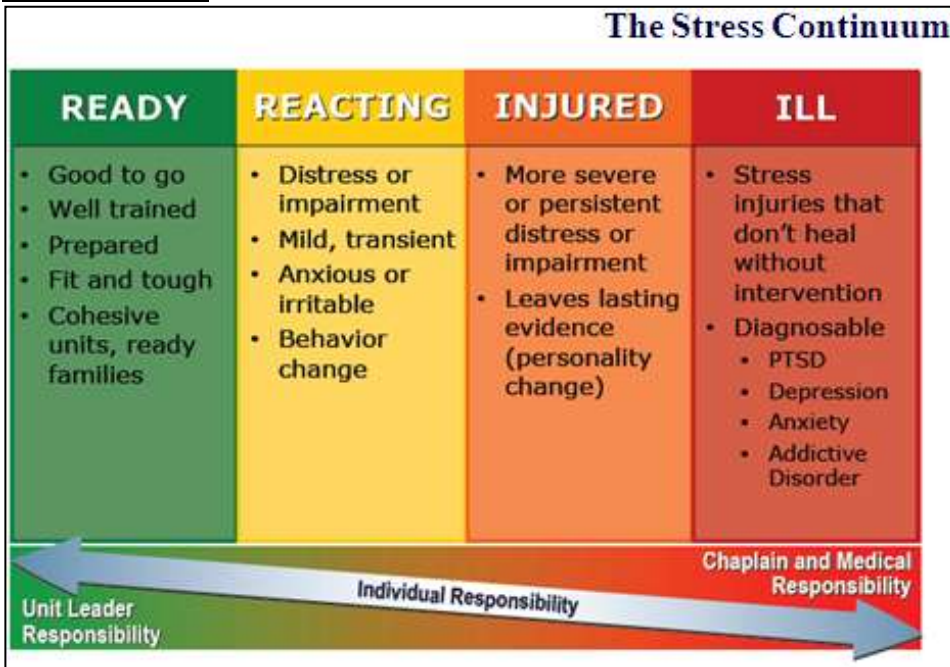
assistance and how to locate the proper resource.

## **END OF DISCUSSION**

## **RESOURCES**

1. MTF Discussion Guide, Dashboard
2. SECNAV Instruction 1730.9: Confidential Communications to Chaplains
3. Department of the Navy: Combat & Operational Stress Control (COSC) Guidance - View at <http://www.med.navy.mil/sites/nmcsc/nccosc/coscConference/Documents/COSC%20MRCP%20NTP%20Doctrine.pdf>

## ENCLOSURE 1



1. Green is Ready. Signs of a Ready Marine, in the Green Zone are:
  - a) Remaining calm and steady
  - b) Being confident in oneself and others
  - c) Getting the job done
  - d) Remaining in control
  - e) Possessing sound mind, body, spirit and social fitness
  - f) Behaving ethically and morally
  - g) Retaining a sense of humor
  - h) Being at peace with oneself
2. Marines in the Green Zone adapt to cope with stressors and continue to function well. The Green Zone is where most of us are most of the time; when a stressor enters the picture, we can slide into the Yellow Zone.
3. Yellow is Reacting. The Yellow Zone is always temporary, common, and reversible. There is some anxiety, irritability, and behavior change, but the Marine is going to go back to Green on his or her own after the stress is removed. Every Marine goes in and out of the Yellow Zone.
4. Signs of stress reaction, in the Yellow Zone are:
  - a) Cutting corners on the job
  - b) Being short tempered, irritable or grouchy
  - c) Having trouble falling asleep
  - d) Eating too much or too little
  - e) Losing some interest, energy or enthusiasm
  - f) Not enjoying usual activities
  - g) Keeping to oneself
  - h) Being overly loud or hyperactive
  - i) Feeling worried, anxious or fearful
  - j) Feeling sad or angry
  - k) Being negative or pessimistic

l) Diminished mental focus

5. Marines in the Yellow Zone are reacting to temporary or mild stress and show temporary signs of stress that go away on their own. Even though Yellow Zone stress reactions are temporary, you have a responsibility to engage fellow Marines experiencing temporary stress and help them manage their stress to return to the Green Zone.
6. Orange is Injured. Marines in the Orange Zone might show a lasting change in behavior or personality caused by more severe and persistent forms of distress or loss of function. Because Orange Zone stress injuries may not resolve on their own and may last for many years; you have a responsibility to engage resources and get Marines in the Orange Zone assistance. In some cases, Orange Zone stress injuries may get worse and go into the Red Zone.
7. Signs of stress injury, in the Orange Zone, are:
  - a) Having difficulty falling asleep or staying asleep
  - b) Waking up from recurrent, vivid nightmares
  - c) Being unable to enjoy usually pleasurable activities
  - d) Losing the ability to remember or think rationally and clearly
  - e) Feeling persistent, intense guilt or shame
  - f) Feeling unusually remorseless or emotionally cold
  - g) Experiencing attacks of panic or blind rage
  - h) All these symptoms are in relation to a Marine's normal demeanor and activities, making it vital to know your fellow Marines and look for changes in their behavior. Marines can recover from stress-related issues with the proper support.
8. Red is Ill. Marines in the Red Zone experience severe distress or some loss of function that has gotten bad enough or persisted long enough to be diagnosable, its symptoms if unmanaged may significantly impact a Marine's career and family. This Marine may have Post-Traumatic Stress (PTS), anxiety, or depression. Only a qualified medical officer can diagnose a Marine in the Red Zone. You CAN help identify symptoms associated with the Red Zone; if you think a Marine is in the Red Zone, refer them for assistance utilizing the assigned representative within your chain of command.
9. Signs of stress illness, in the Red Zone, are:
  - a) Experiencing attacks of panic or blind rage
  - b) Long-lasting and disabling distress or impairment of normal functioning
  - c) Symptoms that worsen over time rather than improve
  - d) Problems and issues that return after improving or seeming to resolve
  - e) Impairment that does not significantly improve within several weeks of returning from deployment