Thrive in Your Community

2013 Navy Suicide Prevention Month

Plan of the Day Notes

The following messages are for POD incorporation during the month of September and to promote awareness throughout the year. Each relates to 2013 Suicide Prevention Month through discussion of community, hope, purpose, helping others, self-fulfillment, stress navigation or suicide prevention awareness. For more information, visit www.suicide.navy.mil > Suicide Prevention Month.

A Sense of Community & Helping Others

1. A sense of community is an essential component of a healthy life and personal fulfillment. Cohesion, belonging and support from others are protective factors during times of crisis. For more information on protective factors against suicide, visit www.suicide.navy.mil > Risk & Protective Factors.
2. Small seeds of hope or a sense of purpose and belonging can grow to form the threads that sustain us through tough times. For more information on protective factors against suicide, visit www.suicide.navy.mil > Risk & Protective Factors.
3. "No one is useless in this world who lightens the burdens of others." —*Charles Dickens, author*
4. "A kind gesture can reach a wound that only compassion can heal." —*Steve Maraboli, author & motivational speaker*
5. "Don't ever forget that you're a citizen of this world, and there are things you can do to lift the human spirit, things that are easy, things that are free, things that you can do every day. Civility, respect, kindness, character." —*Aaron Sorkin, screenwriter & producer*
6. Today, let three people in your life (shipmates, leaders, family, friends) know that they make a difference to you. Be specific about why you appreciate who they are and what they do to make a difference in your life. Ask that they pass it on by honoring three people in their lives this way. To see a real life example, visit www.blueribbonmovie.com.
7. "It is one of the most beautiful compensations in life, that no man can sincerely try to help another without helping himself." —*Ralph Waldo Emerson, author*
8. Suicide prevention is an all hands evolution, all of the time! Don't let your efforts to help your shipmates live life fully and navigate stress end after September. Visit www.suicide.navy.mil for *Seven Everyday Ways to Promote Suicide Prevention Awareness.*
9. "When you tend to another's dying embers, you find both warmth and an increase in the glow of your own fire." —*Richelle E. Goodrich, author*

(next page)

Life Counts!
Ask Care Treat

10. "Never worry about numbers. Help one person at a time, and always start with the person nearest you." – *Mother Teresa*

11. "The greatest motivational act one person can do for another is to listen." - *Roy E. Moody, motivational speaker*

12. *"People help you, or you help them, and when we offer or receive help, we take in each other. And then we are saved." —Anne Lamott, novelist & non-fiction writer*

Hope, Perseverance & Meaning

13. Know the risk factors for suicide. Hopelessness and despair may be communicated verbally or through changes in attitudes and behavior. **You** can make a difference! For more information, visit www.suicide.navy.mil > Risk & Protective Factors.

14. "Once you choose hope, anything's possible." —*Christopher Reeve, actor & activist*

15. Reach out to a shipmate who appears to be losing hope and ACT—**Ask** if they are thinking about suicide. Let them know you **Care**. Get them to **Treat**ment as soon as possible. For more information, visit www.suicide.navy.mil.

16. Take time to think about the meaning behind what you are doing; it will help you do your best under any circumstances. Remember that your best is going to change from day to day. Just keep going. For more ways to navigate stress, visit www.navynavstress.com.

17. USS Ronald Reagan (CVN 76) Sailors remind us all that "There is Hope." View their Suicide Prevention PSA here (http://www.youtube.com/watch?v=V42HMqf7Tn4&feature=youtu.be).

18. "Do what you can, where you are, with what you have." —*Theodore Roosevelt, 26th President of the United States of America*

19. "Never give up, for that is just the place and time that the tide will turn." —*Harriet Beecher Stowe, abolitionist & author*

20. "Ever tried? Ever failed? No matter. Try again. Fail again. Fail better." —*Samuel Beckett, author & poet*

Stress Navigation & Suicide Prevention Awareness

21. Navigating through stressful times can actually make us stronger and more resilient, just like exercising our muscles. The key is knowing our limits and getting help if we need it. For resources, visit www.navynavstress.com.

22. Be Ready! Our ability to navigate stress starts proactively with a healthy and balanced diet; physical fitness; adequate sleep; financial readiness; solid communications with our shipmates, leaders and families, and more. Military OneSource and Fleet & Family Support Centers are excellent resources to maintain your readiness. Visit www.navynavstress.com for more resources to build resilience and mitigate stressors before they become crises.

(next page)

23. It's Okay to Speak Up When You're Down! What you say to a Navy chaplain in confidence stays between you and the chaplain, unless **you** decide differently. Get the facts on your right to Confidential Communications with Chaplains by visiting www.chaplain.navy.mil.

24. Navy chaplains are available to provide Sailors and families with a safe place to talk without fear or judgment. Chaplains serve as advocates to help individuals get the support needed to overcome the challenges they face. Confidentiality extends to written communication (letters, emails, texts) and all counseling records. Information conveyed to a Religious Program Specialist (RP) or a Chaplain's Assistant for further communication to a Navy Chaplain is also confidential. For more information, visit the www.chaplain.navy.mil.

25. If you believe your shipmate might be in trouble, ACT—Ask Care Treat: **Ask** if someone is thinking about suicide. Let them know you **Care**. Get him or her to **Treat**ment as soon as possible. Life counts! Www.suicide.navy.mil

26. One of the many reasons Sailors do not speak up about their feelings of hopelessness is because they fear negative perceptions. By starting the discussion before these feelings occur, you are not increasing risk for suicide or self-harm. The opposite is true – bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do. For more information on the *Truth About Sailors and Suicide*, visit www.suicide.navy.mil.

27. Every member of the Navy team is important…Sailors, leaders, families and civilians. We all experience ups and downs in both our work and personal lives, so don't let those down times win. Help is always available… remember **Life Counts—Live it!** Www.suicide.navy.mil

28. We are all in this together. Know where the lifejackets are when your shipmate needs help navigating stress:

    - Chain of Command
    - Fleet and Family Support Center
    - Chaplains
    - Medical and Mental Health Providers
    - National Lifeline 1-800-273-TALK (1-800-273-8255)
    - Military OneSource 1-800-342-9647 www.militaryonesource.com
    - Navy Suicide Prevention www.suicide.navy.mil

29. The 5 Principles of Resilience will help you understand stress control and be better prepared to navigate through rough waters: Predictability, Controllability, Relationships, Trust, and Meaning. Learn more here. (http://www.public.navy.mil/bupers-npc/support/suicide_prevention/Documents/5%20Core%20Elements%20of%20Resiliency%20and%20OSC_14Mar12_3%20pgs_smaller.pdf).

30. Suicide does not discriminate. Anyone—from junior enlisted Sailors to senior officers—can be at risk if we don't take care of ourselves from the inside out. While stress is a normal part of life, like any problem, it will not go away until we take proactive measures to prevent it from becoming a severe burden. To learn more about stress navigation, visit www.navynavstress.com.