

UNDERSTANDING MENTAL HEALTH

Mental Health is:

- ◆ Emotional
- ◆ Psychological
- ◆ Spiritual
- ◆ Social

wellbeing; it influences how we handle stress, relate to others, and make choices.

Factors contributing to mental health problems:

- ◆ Biological factors (e.g., family history)
- ◆ Life experiences (e.g., trauma or abuse)
- ◆ Unhealthy thoughts and/or behaviors



HSWL Mobile App
(available for Apple and Android devices)



Mindfulness Coach 2 App
(available for Apple and Android devices)

Breathe2Relax App



Apple



Google

This brochure was developed to assist you with understanding your mental health and where to find help when you need it.

Please reach out for help or contact your local **Coast Guard Chaplains, Work-Life Staff, or the professionals at our medical clinics.**



HELP IS RIGHT HERE!

Coast Guard Resources

Local Chaplains

www.uscg.mil/chaplain/locations

1-202-372-4900

Local Work-Life Offices

1-202-475-5100

Medical

Emergency: 911

Contact your Primary Care Provider or local USCG Clinic

CG SUPRT

www.cgsuprt.com

1-855-247-8778 / 855-CG SUPRT

National Resources



Call or text: 988
Chat: 988lifeline.org



Text: 838255
Chat: veteranscrisisline.net

Sexual Assault SAFE Helpline:

1-877-995-5247
safehelpline.org

Domestic Violence Hotline:

1-800-799-SAFE (7233)
thehotline.org

“Real talk about
MENTAL HEALTH
For Coast Guard Members”



Mental health support options are available to you

MENTAL HEALTH TRUTHS

TRUTH: Mental health problems are very common, but affect people differently. In 2020:

- ◆ **30.6%** of U.S. young adults (aged 18 to 25) experienced a mental health issue*
- ◆ **6.7%** of U.S. adults experienced a co-occurring substance use disorder and mental illness*



TRUTH: Friends, teammates, and loved ones can make a difference for someone struggling by:

- ◆ Reaching out and letting them know you are there to help
- ◆ Helping them access services
- ◆ Destigmatizing the myths around mental health issues
- ◆ Showing compassion and being non-judgmental

TRUTH: It is **extremely rare** to be denied or lose a security clearance solely for mental health reasons.

- ◆ Of security clearance reviews conducted in fiscal year 2020, only **1 in 24,129** Coast Guard members was denied clearance based solely on a mental health condition.
- ◆ Seeking mental health support reflects positively on you and your career.
- ◆ Seek support when needed. For retention, performance and function are taken into consideration more than a diagnosis.

*Key Substance Use and Mental Health Indicators in the U.S. - SAMHSA

STUFF YOU SHOULD KNOW

Anyone can experience a mental health problem intermittently throughout life.

Insight, judgment, mood, and physical health may be affected by mental health issues. When we ignore our mental health, relationships, job performance, and quality of life are affected.

The following are common signs and symptoms to discuss with a colleague or friend:

- ◆ Difficulty falling/staying asleep
- ◆ Loss of interest in personal and community activities
- ◆ Feeling nervous, anxious, edgy, or stressed
- ◆ Inability or difficult to relax
- ◆ Inability to stop or control worry
- ◆ Feeling down, depressed, or hopeless
- ◆ Feeling easily annoyed or irritable
- ◆ Having a poor appetite or overeating
- ◆ Decreased ability to function at work, school, or social activities
- ◆ Increased alcohol usage
- ◆ Thoughts about dying or self-harm

DHS - Columbia Protocol
Suicide Prevention



Apple



Google

People are the heartbeat of our Service. We must look out for one another and have the courage to take care of our mental and emotional well-being. It is paramount to our success.

- Admiral Linda Fagan
Commandant, U.S. Coast Guard

MENTAL HEALTH AND WELLNESS

Positive mental health supports your ability to:

- ◆ Cope with stressors
- ◆ Improve happiness and contentment
- ◆ Strengthen personal relationships
- ◆ Increase work productivity
- ◆ Experience a greater sense of purpose
- ◆ Realize your full potential

Ways to maintain positive mental health include:

- ◆ Ensuring adequate sleep
- ◆ Spending time with friends and family
- ◆ Exercising
- ◆ Eating healthfully
- ◆ Engaging in hobbies
- ◆ Engaging in faith-based or secular/ community activities
- ◆ Connecting with a mentor
- ◆ Developing positive coping skills and resiliency
- ◆ Engaging professional help, as needed

