

HOW TO SEEK HELP

It is important to understand when you may need to seek help to prevent further problems down the road. Stress, depression and thoughts of suicide are REAL issues that do not need to be hidden. Talk to someone...a fellow serviceman, chaplain, family member, friend, physician, your local community mental health center, or a member of the Mississippi Department of Mental Health Help Line.

Mississippi Department of Mental Health

Toll Free Help Line: 1-877-210-8513

Available 24 hours a day, 7 days a week

ALL CALLS AND COMMUNICATION ARE CONFIDENTIAL

The Mississippi Department of Mental Health has added a new feature to its' statewide Helpline services. You can now send an anonymous text or online message to a member of the Helpline staff. Staff are available to provide help with mental health issues and suicide intervention around the clock. Go to www.dmh.ms.gov and click on the "Talk About It" logo on the home page.



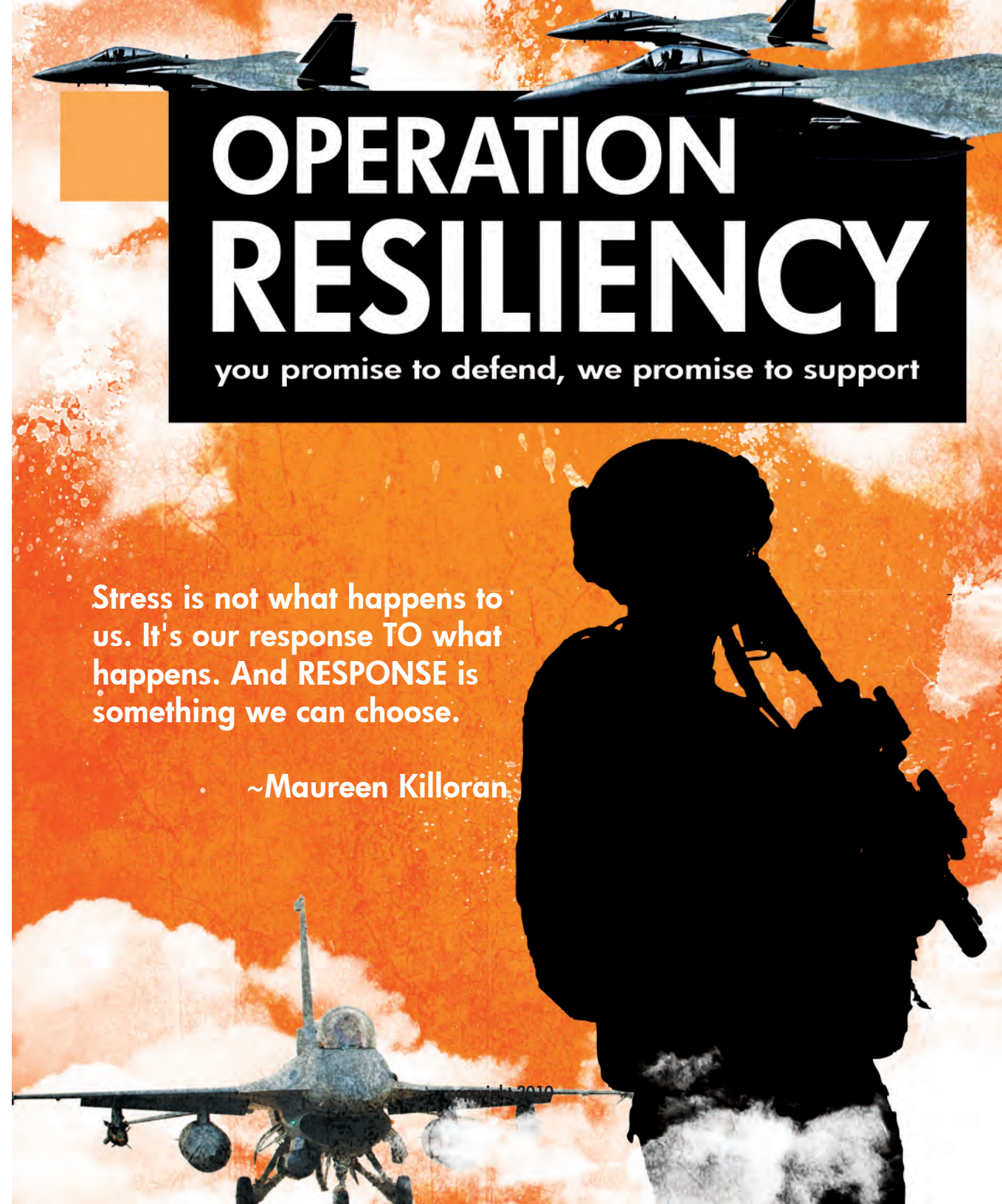
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OPERATION RESILIENCY

you promise to defend, we promise to support

Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose.

~Maureen Killoran



Divorce/Relationship Problems

Financial Problems

Thoughts of Suicide

Aggression

Depression

WARNING SIGNS THAT YOU MAY NEED TO SEEK HELP

- Increase in alcohol or other substance use
- Depression
- Changes in sleeping or eating habits
- Withdrawal from friends and family
- Irritability and anger
- Problems concentrating
- Feelings of isolation
- Anxiety and/or fear
- Feelings of helplessness or hopelessness
- Thoughts of suicide

* Seeking help early can prevent further problems down the road.

WHAT STRESS CAN LEAD TO

"Resiliency is an important factor in living. The winds of life may bend us. To courageously straighten again after our heads have been bowed by disappointment and suffering is the supreme test of character."
- **Unknown**

TIPS FOR HANDLING STRESS

- Stay Active. Remember, your body and your mind work together.
- Talk to a buddy who can help you see your problems in a different light. Knowing when to ask for help may avoid more serious problems later.
- Know your limits.
- Take care of yourself. Get enough rest and eat well.
- Take a break, relax and have fun.
- Help yourself by helping other people. Get involved in the world and the people around you.
- Prioritize your life. Don't overwhelm yourself.
- Avoid self-medication. It may relieve stress temporarily, but will not remove the conditions that caused the stress in the first place.

Anxiety

Accidents

Hopelessness

Domestic Violence

Alcohol and Drug Abuse