NavyTHRIVE

With the right support, anyone can THRIVE!

Your ability to thrive can be developed and strengthened to help you emerge stronger and better after navigating a stressful experience. Sailors, Marines and their families are sometimes asked to do things most people can't do, be in situations most people can't handle or make decisions most people couldn't fathom. You can build and use positive coping skills to protect you from the negative effects of high stress situations. Your leaders and relationships with others all play a role in helping you THRIVE in your community.

Small seeds of hope or a sense of purpose and belonging can grow to form the branches that sustain us through tough times.

Looking for more resources on how you or someone you know can become more resilient and thrive in your community? Check out these sites:

Navy and Marine Corps Public Health Center Health Promotion and Wellness: http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx
Navy Operational Stress Control: http://navynavstress.com/
Navy Suicide Prevention Program: http://www.public.navy.mil/BUPERS-NPC/support/21st_century_sailor/suicide_prevention/Pages/default.aspx
Military Pathways: http://mentalhealthscreening.org/programs/military/
Real Warriors: http://realwarriors.net/
Military OneSource: http://www.militaryonesource.mil/
National Center for Telehealth and Technology (T2): http://t2health.org/products/mobile-apps
Naval Center for Combat & Operational Stress Control: http://www.med.navy.mil/sites/nmcsd/nccosc/Pages/welcome.aspx?slider2=1
USMC Behavioral Health Information Network: http://bhin.usmc-mccs.org/

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE