



## Mental Health Playbook

Questions/Feedback: [https://usnavy.gov1.qualtrics.com/jfe/form/SV\\_3TPa6KzNT2prMrQ](https://usnavy.gov1.qualtrics.com/jfe/form/SV_3TPa6KzNT2prMrQ)  
February 2023

NAVADMIN 059/23 announced the release of the Navy's [Mental Health Playbook](#). This Playbook is intended to support command leaders in preventing mental health issues from occurring and, when they do, to connect Sailors with the proper mental health care, at the right level, at the right time. With proper use, the Playbook should enable everyone in a command to share an understanding of how to conduct mental health preventive maintenance and where to go for additional resources.

### Who needs to know?

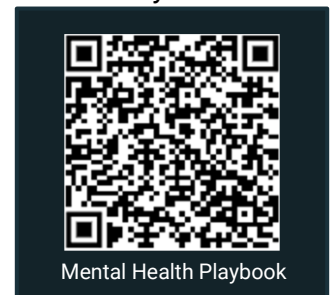
- All Sailors
- Deckplate leaders- LPO, CPO, DIVO, DH
- Command Triads
- Medical/Clinical providers & Non-clinical providers

### What you need to know – key points

- The Mental Health Playbook is a resource for ALL Navy leaders to develop communities of support for their Sailors. Think of it as your mental health preventative maintenance check.
- Complete the Mental Health Resource POC page found at the end of the Mental Health Playbook and develop a Crisis Response Plan.
- Mental Health is a no-fail mission – and knowing the Navy's prevention programs and available resources is the responsibility of each leader.
- Sailor mental health support is made up of many different parts: peer support, deckplate leadership, Triads, nonclinical practitioners such as chaplains, and medical/clinical practitioners.
- Commands must build a climate of trust, recognize mental health issues, and get people the care they need while keeping them on the team.
- Mental health is personnel readiness. Sailors who are mentally fit and have the resources they require are mission ready.

### Sample POD/POW Notes

- Talking about mental health can be challenging. Navigating the different types of resources and making sure Sailors have the support they need can be overwhelming. The Mental Health Playbook provides leaders support and resources. Download the [Mental Health Playbook](#) today. Link: <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Leaders-Toolkit/Mental-Health-Playbook>.
- Self-care and self-assessment are the first steps in protecting your mental health resilience. Self-care can encompass many aspects such as spiritual, emotional, and physical care. What have you done for yourself today? Find more resources in the Mental Health Playbook. Download the [Mental Health Playbook](#) today. Link: <https://www.mynavyhr.navy.mil/Support-Services/Culture-Resilience/Leaders-Toolkit/Mental-Health-Playbook>.
- Seeking help is a sign of strength. Find someone to talk to. Confidential support services are available 24/7. You can call, text, or chat online with the [Veterans Crisis Line](#). Dial 988 then Press 1 or text 838255.





- Knowing your mental health points of contact is imperative! A crisis is not the time to search for information. Complete the Mental Health Resource POC page found in the Mental Health Playbook TODAY!

## FAQ

### Q. What is the Mental Health Playbook?

A. The Playbook is a tool for Navy leaders. It is designed to assist leaders in preventing, mitigating, and addressing mental health issues within their commands. The Playbook highlights the Navy's mental health capabilities and resources.

### Q. How will this Mental Health Playbook help the Fleet?

A. The Playbook is intended to support command leaders in the effort to prevent mental health issues from occurring, and when they do, to connect Sailors with the right mental health care, at the right level, at the right time. The ultimate goal is to create a community of support, where Sailors feel connected to the mission, the command, and each other.

### Q. Are mental health and suicide related?

A. The majority of service members who die by suicide were not diagnosed with mental illness. However, talking about suicide and mental health issues provides people with an opportunity to express thoughts and feelings about something they may be keeping secret. Open communication enables people to obtain help and support.

### Q. Who can use the Mental Health Playbook?

A. **EVERYONE!** The Mental Health Playbook is designed to be a tool for leadership, primarily Command Triads. However, deckplate leaders, including Leading Petty Officers, Chief Petty Officers, Division Officers, and Department Heads, can benefit by reviewing the MHPB. All Sailors can access and use the Playbook as a resource. The MHPB lays out resources available to support Sailors' mental health. Every leader in the Navy will benefit from this Playbook.

### Q. Who are medical/clinical practitioners?

A. Medical/clinical practitioners are individuals that are part of medical services. They provide medical support to prevent, treat, and recover from illness. Medical/clinical practitioners may be embedded in the command or may be found at a MTF.

### Q. Who are nonclinical practitioners?

A. Nonclinical practitioners are individuals without medical training who are involved in prevention programs and are able to offer support. They include Chaplains, program managers, and other command influencers. Nonclinical practitioners must be comfortable advising Sailors on how and when to seek help, including how to communicate their needs up the chain of command. These Sailors may manage command programs to include Command Managed Equal Opportunity, Suicide Prevention, Expanded Operation Stress Control, and Sexual Assault Prevention or others.

### Q. How can I give feedback on the Mental Health Playbook?

A. Feedback on the MHPB is appreciated and can be submitted via [https://usnavy.gov1.qualtrics.com/jfe/form/SV\\_3TPa6KzNT2prMrQ](https://usnavy.gov1.qualtrics.com/jfe/form/SV_3TPa6KzNT2prMrQ)

## Resource Links

(also available via QR Code above)

- [Mental Health Playbook](#)
- Local Resources: [Fleet and Family Support Centers](#)
- 24/7 Confidential Support- Available via call, text, or chat [Veterans Crisis Line](#) - Dial 988 then Press 1, Text 838255
- [Military OneSource](#)
- [Psychological Health Resource Center \(PHRC\) Live Chat](#)
- [OPNAVINST 1720.4B](#)
- [FY-23 1 Small ACT Toolkit](#)