

Leaders can contact any of the below agencies with questions they may have about their Soldiers.

Often times a particular problem would best be resolved with the involvement of multiple agencies. In that case each agency can put you, the Leader, in contact with the appropriate agency.

Unit Psych, SW, Surgeon, PA

Dept of Behavioral Health

Dept of Social Work

Chaplain

Military One Source

Army Community Source

Suicide Hotline

TRICARE

Leaders have the power and responsibility to protect their soldiers on and off the battlefield.

SEEKING TREATMENT FOR COMBAT RELATED STRESS

BREAKING the stigma



Leader's Guide

Seeking treatment for combat related stress



Breaking the Stigma is Army Special Operations Command comprehensive approach to help dispel the myths of seeking behavioral healthcare. *Breaking the Stigma* employs a full range of training geared towards educating USASOC Soldiers, Leaders, and Family members of primary stigma factors and barriers to care as well as best practices for mitigating behavioral health stigmas. In "Breaking the Stigma" video, members of the ARSOF community share their combat experiences, their reactions, their challenges confronting beliefs about their problems and solutions, and their message of encouragement to those who are struggling with the decision to get help.

There will be no retribution or blowback from seeking treatment.

Seeking early treatment has the potential to stop the downward spiral of bad decision, which can arise from the stresses of military life.

Waiting until after an event has occurred can have a negative impact not only on you but on your family and unit.

Seeking Behavioral Health treatment is the right thing to do.

It is a sign of strength and fortitude, not a sign of weakness. It is easier to fall back on what is comfortable, to keep trying to do it yourself.

It is more challenging to reach out to others for support. You got here because you sought challenge and growth.

SOF Truth: "Humans are more important than Hardware"

Maintain your mental and spiritual fitness as you would your physical fitness.

Just like an ankle sprain, taking care of it early when it's small, will prevent severe problems at work and home down the road.



LEADER'S GUIDE

Messages for Leaders

BREAKING
the
stigma

Unit and Soldier mental fitness are leader's responsibilities.

Mental and spiritual fitness is assessed by getting to know your Soldiers and their families, on and off-duty.

Become the leader that knows his people, inside and out.

Early identification and treatment of behavioral health issues is no different from working with a fitness trainer to address a minor sprain.

Addressing small injuries now will prevent them from becoming major debilitating injuries down the road that interfere with work and home.

Look out for misconceptions and misinformation in your units.

Challenge false perceptions regarding seeking treatment.

Ask your docs and/or chaplains if you're not sure about a situation or circumstance.

Leaders promote self-reliance and independence, and model the skills and character of garnering support from others: team and family.

Leaders should show their Soldiers the importance and benefits of relying on others.

Maintain a well-rounded Soldier who is physically, mentally, and spiritually sound.

