

# NAVIGATING STRESS AS A TEAM

## TOOLS FOR COUPLES & FAMILIES

**Marine Corps life brings unique stressors.  
Supporting one another helps protect mental health – and saves lives.**

### WHY THIS MATTERS ▼

- Suicide remains a concern among service members.
- Families and partners often notice warning signs first.
- Strong support networks remind us: No one carries the burden alone.

### WARNING SIGNS ▼

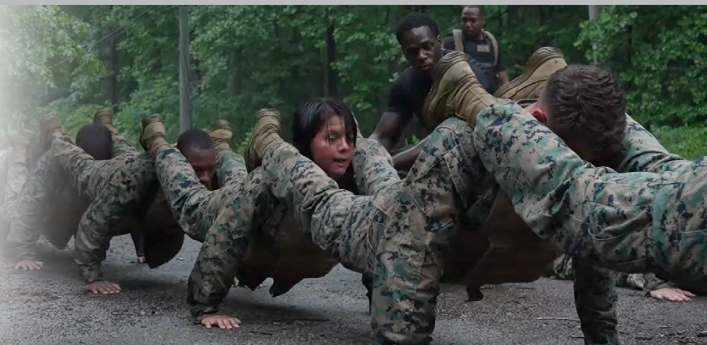
- Withdrawal from family, friends, or unit
- Sudden mood changes or hopelessness
- Talking about death or feeling like a burden
- Increased alcohol or substance use

### COMMUNICATION TOOLS ▼

- Listen Fully: Be present, without judgement.
- Ask Directly: Talk openly about thoughts and feelings.
- Check In Often: “How are you really doing?”

### STRENGTHEN YOUR TEAM ▼

- Create a Safety Plan: List coping steps & emergency contacts.
- Use a Buddy System: Stay connected and accountable.
- Manage Stress Together: Move, breathe, and build healthy routines.
- Train as a Team: Plan group workouts, hikes, and activities.
- Build Your Support Squad: Lean on Marines, spouses, and family.
- Adapt and Overcome: Stay flexible during moves and deployments.



### SUPPORT RESOURCES ▼

[Military OneSource / Semper Support](#) (confidential counseling)

[Chaplain Services](#)

[Personal Financial Management Program](#)

[Community Counseling Program](#)

[OSCAR Teams](#)

[Substance Assessment and Counseling Center](#)

[Family Advocacy Program](#)

