



Marines are built tough, but nobody's invincible. Ignoring mental health or turning to alcohol or other substances to cope is not a sign of toughness. Talking about mental health and substance misuse isn't weakness, it's readiness.

TALKING

Keeps you in the fight. Stress is real—talk it out, don't mask it with alcohol or other substances.

Smashes the stigma. Normalizing conversations makes it easier for everyone to seek help.

Strengthens the ranks. Brotherhood/sisterhood means having each other's backs—especially in tough times.

BENEFITS

Recognize the signs. Know when you or a fellow Marine might be struggling.

Facts replace fiction. Open conversations replace rumors with facts.

Stronger Units. Talking builds trust and cohesion.

Early intervention = better outcomes. Addressing issues early supports mission success.

START THE CONVERSATION

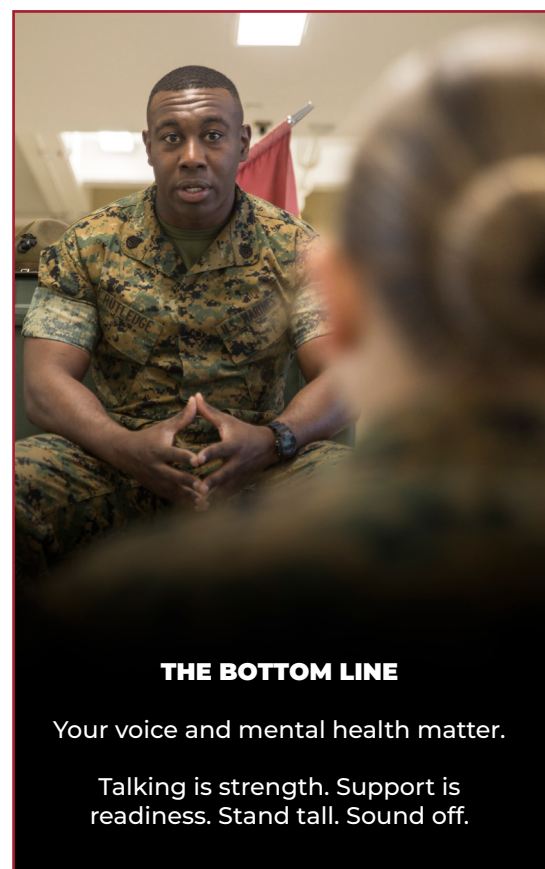
Make no judgments. Just listen.

Show you care. Be genuine.

Watch your language. Ditch labels like “addict” or “crazy.”

Offer support. Ask how to help. Escort person to help, find resource information, check in regularly.

Stay connected. Be there. Keep the line open.



THE BOTTOM LINE

Your voice and mental health matter.

Talking is strength. Support is readiness. Stand tall. Sound off.

NEED BACKUP?

[Substance Assessment and Counseling Center \(SACC\)](#) offers confidential assessments and non-medical counseling.

[Community Counseling Center \(CCC\)](#) offers non-medical support for life's challenges.

[Operational Stress Control and Readiness \(OSCAR\)](#) Team members, including chaplains, offer support and connect you to resources.

Stay strong. [Stay connected.](#) Stay ready.