

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](#)

[Families OverComing Under Stress](#)

[OSCAR Teams](#)

[Substance Assessment and Counseling Center](#)

[Family Advocacy Program](#)

