



DEPARTMENT OF THE NAVY

U.S. NAVAL HOSPITAL
YOKOSUKA, JAPAN
PSC 475, BOX 1
FPO AP 96350-9998

IN REPLY REFER TO
1720
00F0
30 Jun 20

U.S. NAVAL HOSPITAL YOKOSUKA POLICY STATEMENT "SUICIDE PREVENTION"

Each member of U.S. Naval Hospital Yokosuka is a valued part of our health care team. Psychological and physical health of all staff is of utmost importance to this command and it is vital to mission accomplishment. As the Commanding Officer, I observe the professional and quality care that you provide daily to our patients and community. I am reminding you to monitor your own health and take care of ourselves and your Shipmates, both military and civilian, as you would our patients. Ensuring that we all create a command climate that promotes health and wellness, encourages care for the caregiver and prevents suicide which is everyone's responsibility.

Engaged leadership is the key to suicide prevention in our Navy, and every member of this command is a leader. Leaders are not expected to act as therapists but are expected to recognize the risk factors and warning signs of suicide, including significant life transitions, and be aware of and encourage the use of resources to assist staff in gaining appropriate assistance and help. Suicide prevention training outlined in OPNAVINST 1720.4B must be supplemented with local action plans and support resources.

Leaders need to actively reduce the stigma of seeking help in our Navy; this includes correcting misinformation regarding security clearances and not tolerating jokes about seeking help. Sailors should be reminded that seeking help will enhance their careers, not end them. Each Sailor should be reassured that sufficient help is available, seeking help is encouraged, and that the command is invested in keeping the Sailor as a valued member of the team.

All leaders in this command are empowered to mentor and assist others. I am asking each of you to help me eliminate the stigma against seeking help and keep our staff psychologically fit. Remember - ship, shipmate, self.

C. C. Rice
C. C. RICE