

Psychological Wellness

Sailors are able to maintain their emotional balance, psychological health and well being when they are in a supportive climate and situation. The following factors have been found to promote individual mental health and to decrease psychological difficulties.

- ❖ Involvement in Navy life.
- ❖ A sense of reward in serving the command mission.
- ❖ Camaraderie.
- ❖ A sense of being of assistance to others.
- ❖ The belief of being valued for their contributions.
- ❖ Support during times of need.
- ❖ The ability to seek and have access to help.

