

HELLFISH HAVEN SITREP

COLLABORATION OVER COMPETITIONS

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Silencing the stigma surrounding mental health issues for military veterans requires a multi-faceted approach that involves education, advocacy, and support. Here are some steps that can be taken to reduce stigma and increase access to care for veterans:

Education and Awareness: Providing education and raising awareness about the prevalence and impact of mental health issues among veterans can help to reduce the stigma and misunderstandings surrounding these conditions. This can be done through public campaigns, informational materials, and community events.

Support from Peer Networks: Peer networks can be an effective way of providing support and reducing stigma among veterans. These networks can provide a safe and supportive space for veterans to share their experiences, connect with others, and receive support and encouragement.

Advocate for Mental Health Services: Advocate for increased access to mental health services for veterans, including counseling, support groups, and medication management. Encourage veterans to seek help and support when needed, and emphasize that seeking mental health care is a sign of strength and courage.

Encourage Open and Honest Conversations: Encourage open and honest conversations about mental health and help to break down the stigma and shame that can often surround these issues. This can be done by having candid conversations with family members, friends, and colleagues, as well as through public forums and media outlets.

Work with the Military and Veterans' Organizations: Work with military and veterans' organizations to address the stigma surrounding mental health in the military community. These organizations can provide resources, support, and advocacy for veterans, and can also help to raise awareness about the importance of mental health care for veterans.

By working together, we can help to reduce the stigma surrounding mental health issues for military veterans, and increase access to care and support for those who have served our country.



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Welcome to Our Newsletter!

As 2023 draws to a close, we extend our heartfelt gratitude for your support and participation in our mission. Outpost Doonan is a dedicated branch of Hellfish Haven, a non-profit organization committed to assisting American veterans. Our focus lies in addressing PTSD and its connection to suicide, offering a compassionate space for sharing experiences and resources.

In this community, we emphasize the importance of understanding the link between PTSD and suicide. We provide education on recognizing warning signs and advocate for effective prevention strategies. Our group serves as a support network, encouraging open discussions and the sharing of coping mechanisms. We also facilitate access to mental health professionals, crisis hotlines, and reputable support organizations.

Join us in fostering an empowering environment where every voice is heard and every challenge is met with understanding and resilience. Your involvement is crucial in making a difference in the lives of veterans and their families.

As we look forward to 2024, let's continue this journey of support and healing together.

Remember, you're not alone, and together, we can navigate the complexities of PTSD and suicide prevention.

If you or someone you know is struggling with mental health issues or suicidal thoughts, please reach out for help. The Veterans Crisis Line is available 24/7 at 988 or 1-800-273-8255 (press 1).

Thank you for being a part of our community.

Here's to a year of continued support and growth in 2024!

ONE LOVE,
BMG

HELLFISH HAVEN OUTPOST DOONAN



SPC DOONAN IN HIS MRAP ALASAD
AIRBASE IRAQ 2009



GAME NIGHT



MILITARY/VETERAN FAMILY GAME NIGHT
1800-2000 JANUARY 20TH
2 COMMERCIAL ST
SHARON MA 02067

Game nights can help veterans by:

1. Building Camaraderie: Game nights create a sense of community and camaraderie among veterans, fostering social connections and reducing feelings of isolation.
2. Stress Relief: Playing games can serve as a stress-relief outlet, allowing veterans to relax and unwind in a fun and engaging way.
3. Cognitive Stimulation: Games often involve strategy and critical thinking, which can help veterans exercise their cognitive skills and mental agility.
4. Distraction from Trauma: Engaging in enjoyable activities like game nights can provide a healthy distraction from traumatic memories and experiences.
5. Routine and Structure: Regular game nights can establish a sense of routine and structure, which can be beneficial for veterans transitioning to civilian life.



U.S. Department of Veterans Affairs

TODAY I AM
PROUD

... because I've worked hard to find a healthy balance.

Hear Laura's Story
A U.S. Navy Veteran



MakeTheConnection.net/MHM



**BE
KIND
TO YOUR
MIND!**



**HELLFISH
HAVEN**

HELLFISHHAVEN.ORG

SELF-CARE THROUGH SETTING OF SMALL GOALS

BOOSTS SELF-EFFICACY:

Achieving goals, even small ones, increases your belief in your ability to succeed. This sense of self-efficacy can motivate you to tackle more challenging tasks and believe in your capabilities.

ACCOMPLISHMENT

Completing a goal, no matter how small, gives a sense of achievement. This feeling can improve your mood and contribute to overall happiness.

STRUCTURE AND PURPOSE:

Setting goals, even small ones, can provide structure to your daily life. It gives you something to work towards, which can be especially helpful during times of stress or uncertainty.

ENHANCES FOCUS AND PRODUCTIVITY

Small goals help to concentrate your efforts. This focused activity can reduce feelings of being overwhelmed and increase productivity, which is often associated with improved mental well-being.

IMPROVES MOTIVATION

Achieving a small goal can create a positive feedback loop. The success leads to increased motivation to set and achieve other goals, fostering a positive mindset.

REDUCES OVERWHELM

By breaking down larger, more daunting tasks into smaller, more manageable goals, you can reduce feelings of overwhelm and anxiety.

LEARNING AND GROWTH

Setting and achieving small goals can lead to personal growth and learning. You get to understand better what works for you, how you handle challenges, and how to plan effectively.

BUILDS RESILIENCE

The process of setting, working towards, and achieving goals can help build resilience. You learn to cope with challenges and setbacks, enhancing your ability to manage stress and adversity.

In summary, small goals are not just stepping stones to larger achievements; they are also vital for maintaining and improving mental health. They help cultivate a positive and proactive mindset, essential for overall well-being.

HELLFISH HAPPENINGS

OSCAR MIKE RADIO + 

W.A.R.

[WE ARE RESILIENT]
F* THE STIGMA



 **LIVE PODCAST**

 **THURSDAY 7-8PM**



COLLAB COFFEE & CHESS

COFFEE SOCIALS HAVE PROVEN TO BE EFFECT SOURCES OF OUTREACH AND GATHERING EVENTS FOR OUR VETERAN COMMUNITY LET **HELLFISH HAVEN** HELP YOUR POST ESTABLISH ONE TODAY!



People TAKING CARE OF People



 **ARMY RESILIENCE DIRECTORATE**

In a culture of trust, we have better collaboration, more energy and are happier.



Veterans Crisis Line
DIAL 988 then **PRESS 1**

MENTAL HEALTH IS HEALTH



