



NEWSLETTER

WWW.GUARDYOURBUDDY.COM

CALL (855) 435-7492
TO GET HELP NOW

In This Issue

[Battle Buddy](#)

[Rascal Flatts](#)

[Calendar of Events](#)

[Sign Up](#)
**to Receive GYB
Newsletters and
Updates
&
Be Entered to
Win**

TN National Guard,

We are so glad that you have received our GYB (Guard Your Buddy) Newsletter. The GYB Newsletter will keep you up to date and informed on the latest calendar events, contests and news from GYB....

Want to ensure you will receive the newsletter regularly? Guard Your Buddy would like to encourage each Guard Member to sign up for the "GYB Newsletter". By signing up for the newsletter you will receive communications on topics of interest, entertainment and GYB contests.

Each Tennessee Guard Member that signs up will be eligible for contests and giveaways throughout the year. Your information will not be shared or distributed outside of the Guard Your Buddy program and you may opt out of the newsletter at any time.

Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health to give the men, women, and families in the Tennessee National Guard anytime, anywhere access to critical life resources, on-demand counseling, and on-call suicide

an
Autographed
Rascal Flatts
package

You must be a TN National Guard member or immediate family to TN Guard member to win.



Download the
GYB App for
Android & iPhone



The "GYB" App gives you anytime access to critical life resources, on-demand counseling and on-call suicide prevention.

Scan with your smartphone for direct access to the **GYB** website.



If you are in crisis & need to talk to a GYB

prevention.

Issue: 812-2

August/2012

ENGAGE



"Battle Buddy"

Not Always Confidential

The definition & role of a "Battle Buddy" is to maintain relationships and provide support, encouragement and information to guide their Service Members through available Military and Civilian resources. Your main role is to be a **friend**.

Soldiers/Airmen will share things with their "Battle Buddy" that they would not normally share with other members of their units or even with family members.

Of course there is confidentiality when it comes to what you and your "Battle Buddy" talk about, but if your buddy confides that he/she is planning to harm themselves, you are required to pass the information along to your unit Suicide Intervention Officer, Readiness NCO, 1SG, Commander, or Guard Your Buddy.

Professional
immediately, please
call **855-HELP GYB** or
dial **911**.

For General Inquiries
about "Guard Your Buddy"

Email:

[GYB@jasonfoundation.co
m](mailto:GYB@jasonfoundation.com)

"Battle Buddies" have many roles, but the objective is to maintain relationships, provide support, encouragement, and information to guide your "Battle Buddy" through available national/local support resources and systems of care.

Of course, contacting "Guard Your Buddy" is a great resource available to you and your "Battle Buddy" for professional help. The "GYB" counselors and coaches are available to help you find practical solutions for the challenges that you face as part of the National Guard community.

Protecting your privacy is critical to us. The "Guard Your Buddy" help line is provided in compliance with all federal and state confidentiality laws. Calls are not disclosed without permission. Exceptions will only be made in emergency situations as mandated by state laws.

855 HELP GYB (855-435-7492)



Celebrity Ambassadors for The Jason Foundation: Rascal Flatts

Rascal Flatts and the Jason Foundation, Inc. (JFI) are working together to prevent suicide. In June 2010, Rascal Flatts became JFI Celebrity Ambassadors. They are committed to promoting the B1 Project and will participate

in public services announcements, public awareness programs, and fundraising.



B1 is a collaborative effort between Rascal Flatts and the Jason Foundation, Inc. to promote suicide awareness and prevention. B1 operates on the following premise:

"Someone you know may need a Battle Buddy - B1."

The main focus of B1 is to educate individuals about the problem of suicide, how to recognize the warning signs of suicidal thoughts, and how to help.

B1 consists of four simple steps:

- *B Aware*: Be aware and understand the problem of suicide within the Army, National Guard and Army Reserve.
- *B Able*: Be able to identify those who may be struggling with suicidal thoughts.
- *B Prepared to React*: Have an action plan ready in the event someone you know may need help.
- *B1*: Make the pledge to be there for your Battle Buddy.



TN Guard Calendar of Events



EMPLOYMENT ASSISTANCE WORKSHOP (FREE)

Scheduled Events:

12-14 September in Jackson

At the workshop, you can expect to:

- Create a Resume, or update your existing one!
- Learn Effective Job Search techniques.
- Gain Successful Interviewing Skills.
- Learn to convert military skills sets to civilian terminology.
- Meet, and interview with, DOL Career Center representatives.
- Job Fair on the last day of the event.

YOU MUST PRE-REGISTER TO ATTEND.

To pre-register, call the TN ESGR office at 615-313-0752.

STRONG BONDS

Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training.

Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

Scheduled Events:

Strong Bonds for Couples

- 21-23 September in Nashville

To register for these the POC is CH Mark Phillips
at mark.phillips11@us.army.mil

THE YELLOW RIBBON REINTEGRATION PROGRAM

The Yellow Ribbon Reintegration Program is a DoD-wide effort to

promote the well-being of National Guard and Reserve members, their families and communities, by connecting them with resources throughout the deployment cycle. Through Yellow Ribbon events, service members and loved ones connect with local resources before, during, and after deployments.

Reintegration during post-deployment is a critical time for members of the Guard and Reserve, as they often live far from military installations and members of their units. Commanders and leaders play a critical role in assuring that Reserve service members and their families attend Yellow Ribbon events where they can access information on health care, education/training opportunities, financial, and legal benefits. We work closely with works in conjunction with federal partners, including the Small Business Administration and Departments of Labor and Veterans Affairs, to provide up-to-date and relevant information to the members of the all-volunteer force and their families.

Yellow Ribbon Scheduled Events:

30/60 Day combined for 230th SIG on 8-9 September in Nashville

30/60 combined for 913th on 15-16 September in Martin

30/60 Day combined for 230th ENG 22-23 September in Trenton

EACH EVENT IS LISTED WITH REGISTRATION INFORMATION ON THE TN NATIONAL GUARD J9 FACEBOOK

**Anytime, anywhere access to
Critical Life Resources,
On-Demand Counseling and
On-Call Suicide Prevention.**

Free services to Tennessee National Guard members
and their families provided by:



TN National Guard



The Jason Foundation

