



NEWSLETTER

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TO GET HELP NOW

In This Issue

[Need to Talk?](#)

[Contest](#)

[Rascal Flatts](#)

[Calendar of Events](#)

TN National Guard,

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 prevention.

Congratulations to our Winners!

We were delighted to be able to send out 5 Rascal Flatts packages this month to our winners who participated in last

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ENGAGE

month's contest.

Thank you for your participation & we hope to see continued involvement in our upcoming contests!

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

For General Inquiries



We all need to talk to someone. It is a sign of health and strength...

Ever feel like you are walking around with the weight of the world on your shoulders? Ever know that it would feel better to share your thoughts with a trusted buddy or family member, but for some reason you "hear a voice" saying: "No, that is weak. A soldier doesn't disclose feelings. I need to tough it out!"

Well, you are not alone if you have this thought. Many people and indeed, many soldiers, believe that it is a sign of weakness to reveal sad thoughts, disclose emotions, spill out their feelings, or talk to another person about fears, anxieties and normal worries.

Talking to another person—a counselor, a trusted Guard buddy, a spiritual adviser, a close family member, a coach—is actually a sign of health. People with high mental fitness understand that no one can handle things all by themselves. We all need feedback. We all need new ideas to help us solve challenges, problems and everyday concerns.

**Need to talk?
Give us a call at Guard Your Buddy at**

about "Guard Your Buddy"

Email:

GYB@jasonfoundation.com

855 HELP GYB (855-435-7492)

Our counselors and coaches are available 24/7 to help you find practical solutions for the challenges that you and your family face as part of the National Guard community.

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

This contest will close on October 29th.

Firestone

Firestone Complete Auto Care Package

Valued at \$240

This package must be redeemed in the Nashville, Tenn. area before the end of 2012.

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

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:

22-24 October in Smyrna
7-9 November in Memphis

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

- 11-13 January 2013 in Nashville
- 8-10 February 2013 in Gatlinburg

Strong Bonds for Families

- 22-24 March 2013 in Kingsport

Strong Bonds for Singles

- 11-13 January 2013 in Nashville
- 22-24 March 2013 in Chattanooga

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:

130th MP CO During Deployment 17 November in Memphis
1175th (FWD) During Deployment 17 November in Memphis
212th EN CO Pre-Deployment 12 January 2013 in Jackson
775th EN CO Pre-Deployment 9 February 2013 in Jackson
1130th FIN CO Pre-Deployment 16 February 2013 in Nashville
251st MP CO Pre-Deployment 9 March 2013 in Lexington
30/60 day combined for 1/169 AV CO 13-14 April 2013 in Smyrna
30/60 day combined for 212th EN CO 11-12 May 2013 in Jackson
89th ADT (FWD) Pre-Deployment 18 May 2013 in Smyrna
A BTRY 1/181 Pre-Deployment 25 May 2013 in Chattanooga
30/60 day combined for ETT 1/181 & 1/181 15-16 June 2013 in Chattanooga
251st MP CO During Deployment 13 July 2013 in Lexington
30/60 day combined for the 130h MP CO 10-11 August 2013 in Memphis
89th ADT During Deployment 17 August 2013 in Nashville
30/60 day post deployment for the 775th EN CO 14-15 September 2013 in Jackson

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**
