



NEWSLETTER

WWW.GUARDYOURBUDDY.COM

CALL (855) 435-7492
TO GET HELP NOW

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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.

Issue: 113

January/2013

DISPEL THE MYTHS

**COMMON MYTHS AND
MISCONCEPTIONS**

Call 855 HELP GYB (855.435.7492) to speak with a licensed professional.

Are you or someone you know struggling with suicidal thoughts?

GUARD YOUR BUDDY

WHO'S YOUR BUDDY?

Name: _____

Phone: _____

 **Take Your Buddy**

 For Your Battle Buddy

SIGNS OF CONCERN:

- Persistent sadness or anxiety
- Feelings of hopelessness, pessimism, or helplessness
- Being preoccupied with death or suicide
- Withdrawing from family, friends and activities
- Increasing use of alcohol and drugs
- Displaying extreme mood swings
- Expressing feelings of excessive guilt/shame

These are only some of the signs. Any of these changes in behavior warrant at least some questions. Even if the individual is not experiencing suicidal thoughts, something is happening in that person's life. Ask some questions.

Someone you know may need a Battle Buddy... 

**NEED A NEW
GYB Pledge Card?
CLICK HERE
to print a new one!**

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.

"People who talk about suicide won't really do it."

False: Almost everyone who attempts or completes suicide has given clear warning signs through their words or behaviors. Do not ignore any suicide threats, regardless of how casually or jokingly said. These statements may indicate serious suicidal feelings.

"If a person is determined to commit suicide, nothing can prevent it."

False: Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want to die: they want the pain to stop. The impulse to end their life, however overpowering, does not last forever.



"Talking about suicide may give someone the idea."

False: Talking about suicide or asking if someone is thinking about suicide does not give him the idea. The opposite is true. If a person is depressed or unhappy, discussing their feelings openly and allowing free expression is one of the most helpful things you can do. Even if they have suicidal thoughts, giving them permission to express those thoughts can relieve some of the anxiety and provide an avenue to recognize other ways to escape their pain and sadness.

"People who attempt suicide are just trying to get attention and are not really serious."

False: To a certain degree, they are trying to get attention and help to ease the pain they are experiencing. A suicide attempt, even half-hearted, is an attempt to



**You Can Now Sign
Up for Our
Newsletter
Through**

[GuardYourBuddy.co
m](http://GuardYourBuddy.com)

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

seek help. If the person perceives their action to be a suicide attempt, then that is what it is. Any attempt, regardless of severity, must be taken seriously, and help must be sought for the individual.

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

CLICK HERE & ENTER TO WIN
& SHARE THE "GYB" NEWSLETTER WITH FRIENDS

This contest will close on Friday, February 1st.
(our apologies, the last link for this contest was inactive)

DOLLAR GENERAL

Save time. Save money. Every day!

2 winners will win a Dollar General Gift Card
Each gift is valued at **\$25.00**

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

MUST HAVE SMART-PHONE APPS

Guard Your Buddy



The Guard Your Buddy app was developed for members of the Tennessee National Guard and their families. Its purpose is to provide 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. Guard Your Buddy is a joint effort by the Tennessee National Guard, The Jason Foundation, Inc., and E4 Health. We encourage you to download the app and use it to help decrease your stress, organize your life, and make things easier for yourself and your family. You can find the app by searching "Guard Your Buddy" through Android and Apple.

**The Jason Foundation's
New FREE Smart-phone App**
"a friend asks"
**Great for your family
members!**

"A Friend Asks" is a smart-phone app to help provide information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of



suicide.

Download "A Friend Asks" and keep it on your phone as a ready resource. Search "Jason Foundation" for the FREE app on the Apple App Store and the Android Market. (only available on these devices)

The app contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- resources for help
- how to get help now
- what to do and what not to do
- the B1 program

Of course if you are in an immediate crisis, call 911. If you, or a friend, need to talk with a counselor for help or resources available in your area, call the National Suicide Prevention Lifeline (anytime 24/7 at **1-800-273-8255**) or use the **Get Help Now** button on the app.

TN Guard Calendar of Events



EMPLOYMENT ASSISTANCE WORKSHOP * FREE *

Scheduled Events:

- 13-15 February in Smyrna
- 15-17 May in Smyrna
- 14-16 August in Smyrna

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

- 8-10 February 2013 in Gatlinburg
- 17-19 May 2013 in Nashville
- 23-25 August 2013 in Gatlinburg

Strong Bonds for Families

- 22-24 March 2013 in Kingsport
- 7-9 June 2013 in Kingsport
- 20-22 September 2013 in Kingsport

Strong Bonds for Singles

- 19-21 April 2013 in Gatlinburg
- 19-21 July 2013 in Memphis

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:

- 1130th FIN CO Pre-Deployment 2 February 2013 in Smyrna
- 251st MP CO Pre-Deployment 23 March 2013 in Lexington
- 775th EN CO During Deployment 23 March in Jackson
- 1/169th AV CO 30/60 day 9-10 March in Smyrna
- 1175th During Deployment 11 May in Paris
- 212th EN During Deployment 11 May in Paris
- 89th ADT FWD Pre Deployment 18 May location TBD
- A BTRY 1/181st Pre Deployment 25 May location TBD
- ETT 1/181st 30/60 Day 15-16 June in Chattanooga
- 251st MP CO During Deployment 13 July in Lexington
- 130th MP CO 30/60 Day 10-11 August in Memphis
- 89th ADT FWD 17 August in Nashville
- 775th 30/60 day 14/15 September 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**