



Connectedness



Factor Description

Connectedness is defined as a frame of mind that reflects a member's outlook on life and perceptions of belongingness, well-being, and social support. Reflects a member's viewpoint that they are relevant, contributing, and have relationships upon which they can confidently depend on in times of need.





Promoting Mental Well-being

Strengthen protective factors such as resilience, happiness, and life satisfaction that promote mental well-being

- Place heavier emphasis on the value of life and individual self-worth
- Stress the importance of mental health and wellness, specifically seeking help from professionals
- Engage in strong, positive relationships with friends, family, co-workers, organization, and significant others



Risk Factors

Signs of Depression

- Withdrawing socially
- Ignoring personal hygiene
- Feelings of failure and/or sadness
- Loss of interest in daily activities
- Sense of worthlessness or desperation



Risk Factors continued

Verbal Cues

- Preoccupation with death
- Using vague phrases:
 - “...going on a long trip...”
 - “...wanting to get out...”
 - “...you won’t have to worry about me anymore...”

Behavioral shifts

- Acting reckless or careless to the point of self-harm
- Being violent or destructive



Risk Factors continued

Personal preparation

- Writing a will
- Saying goodbye to close family and friends
- Trying to secure access to tools (e.g. firearms or pills) that could be used for self-harm

Traumatic life events

- Death of a close friend or relative
- Loss of job
- Relationship failure
- Returning from a combat zone



Combating Risk Factors

- **Familiarize yourself with the warning signs**
- **Speak up**
 - Ask questions and talk to the person directly
- **Listen and offer support**
 - Take what they say seriously
- **Be proactive and take action**
 - Remove any weapons or harmful substances
 - Make an emergency safety plan together
- **Encourage them to seek professional help**



Staying Connected

When levels of Connectedness are high, units are more likely to experience:

- Low levels of absenteeism
- Better physical and mental health
- More cooperative employees
- Positive emotions displayed by employees
- Supportive relationships



Who to Contact

- Professional psychologists, counselors, or military chaplains
- Contact the Military Crisis Line
 - 1-800-273-8255; Press 1
 - Text 838255
 - Chat anonymously online at:
www.MilitaryCrisisLine.net
 - Military Crisis Line services are available 24 hours



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