



Navy Region Southeast All Hands Message

Coronavirus (COVID-19)

Update: April 16, 2020

COVID-19

April 16, 2020

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STATUS UPDATE #8

Team Southeast,

Hopefully, everyone is adjusting to the status quo in the way we are operating. Teleworking, conference calls, social distancing in the workplace have all become the temporary new “normal.” We need to remain flexible and adapt to our new work situations, because this new “normal” is going to continue for at least a while longer.

Recent Department of Defense press briefings suggest that our leadership is planning for the COVID-19 workplace responses to continue into the summer. We know this may be frustrating and even disheartening to some of you. Please remember, our leadership is making these decisions to protect our military and civilian employees to the greatest extent possible.

Studies have shown that this new pandemic has led to increased stress, depression and anxiety amongst individuals. This could be due to both the fear of potentially catching the virus and the uncertainty of how this pandemic will affect us socially and economically. Increased social isolation, loneliness, health anxiety, stress and an economic downturn may create the perfect storm that negatively impacts an individual’s mental health and well-being. However, no one has to go through this pandemic alone. Throughout our COVID-19 response, our chaplains, Fleet and Family Support, and MWR teams have been looking for ways to ensure that everyone has the resources at their fingertips to maintain good morale and mental health. This includes finding new ways to reach out and make contact virtually with our military and civilian teammates.

Just because the chapels are closed right now, that doesn’t mean the chaplains are not available for consultation. Chaplains continue to work via phone and video chat to help people cope with the disruption to their lives resulting from this pandemic. Immediate contact with a chaplain is always available through the Connect with a Chaplain line at 1-855-NAVY-311 or via text at navy311@navy.mil.

Similarly, while our [Fleet and Family Support Centers \(FFSC\)](#) may be closed to walk-in visitors, they remain open virtually and through teleconferences (also known as telehealth). FFSC staff

are offering non-medical counseling over the phone through your local FFSC. For a full list of [installation FFSC numbers](#) or the Navy Region Southeast Family Support Program contact information, see the *Coping with COVID-19* flyer at the Navy Region Southeast web page: <https://www.cnic.navy.mil/regions/cnrse/om/covid19/covid19facts.html>.

Nationally, the Navy is [offering wellness webinars](#) for service members, civilian employees and their families. Sample classes are “Time Management During a Crisis,” “Setting Healthy Boundaries During COVID-19,” and “Stress Management in Times of Crisis.” To register for the webinars, go to: <https://learning.zeiders.refineddata.com/login/index.php>.

Another helpful online resource is [CNIC’s Navy Spouse Navigation webpage](#), which serves as a one-stop-shop of information and other helpful resources specifically for Navy spouses. The site offers links to various Navy and federal programs such as the [Navy Family Accountability and Assessment System \(NFAAS\)](#), [Navy Exchange](#) and the [Navy App Locker](#). The page also includes links to [coronavirus-related information](#) and the latest updates from the CDC.

MWR began offering virtual services March 26 with their [MWR at Home – Stay Connected](#) program. The site includes information on cooking, entertainment, fitness, kids’ educational resources, digital library access, recreation and virtual travel. It also provides information and resources on other Fleet and Family Readiness programs.

There are also other programs available to help. [Military One Source](#) is a good information referral service. Civilian employees may have questions that can be answered by the Non-Appropriated Fund Employee Assistance Program (800-932-0034) or the DON Civilian Employee Assistance Program (1-844-DONCEAP). Assistance from the [Consumer Financial Protection Bureau](#) is available for financial issues and from the [Families OverComing Under Stress \(FOCUS\)](#) for emotional health issues. Also, always remember that the [Navy/Marine Corps Relief Society](#) is there for you.

For people who may be in severe emotional distress, please seek help from the [DoD Safe Helpline](#) at 877-995-5247 or the [Suicide Prevention Lifeline](#) at 800-273-8255.

Remember, you are not in this alone. Although some of you may feel trapped by this current situation, you should not feel powerless. Our Navy and Southeast teams are standing by to help ensure we all get through this okay. If you need help, ask for it. If you see someone who needs help, offer it. We must not be afraid to be there for each other. Remember, we may be social distancing but we are not socially isolating. We are all in this together, and we will all get through this – together.