

# Operational Stress Control (OSC)

**NAVY**

<b>OSC</b>	Leader actions and responsibilities to promote resilience and psychological health in military units and individuals, including family members, exposed to the stress of routine or wartime military operations in noncombat environments.
<b>OSRs</b>	Operational stress reactions (OSRs) are changes in physical or mental functioning or behavior resulting from the experience or consequences of military operations other than combat, during peacetime or war, on land, at sea, or in the air.
<b>Purpose of OSC</b>	The Navy OSC program's ultimate goal is to encourage all sailors to engage in healthy behaviors and discourage unhealthy behaviors as a way to prevent both operational stress as well as combat stress-related reactions and psychological health difficulties. OSC helps Navy leaders build resilience within units and individual sailors, through an integrated, evidence-based program aimed at increasing the awareness and understanding of stress and providing strategies to mitigate detrimental effects.
<b>Goal of OSC</b>	Leaders must be able to assess individual and unit stress, take appropriate actions to mitigate stress issues before they become problematic, and eliminate negative attitudes associated with help-seeking behaviors. OSC principles and skill-building lessons are incorporated into all levels of naval education and training, chaplaincy policy and training, and fleet and family support centers. The Navy also maintains the only OSC program that is specifically targeted toward caregivers.

## OSC leaders assisted by:



## Reaching Out:

- Make the Connection
- DSTRESS Line
- Military OneSource
- Sexual Harassment/Assault Response & Prevention
- The Real Warriors Campaign
- inTransition
- Military Crisis Line

## Relevant Web Links:

- Navy Center for Combat and Operational Stress Control (NCCOSC)  
[navy.mil](http://navy.mil)
- Navy Marine Corps Public Health  
[med.navy.mil](http://med.navy.mil)
- Navy's Leader's Guide for Managing Sailors in Distress  
[med.navy.mil](http://med.navy.mil)
- 21st Century Sailor OSC  
[public.navy.mil](http://public.navy.mil)
- Navy Nav Stress Twitter  
[twitter.com](https://twitter.com)

## Relevant Policy:

- ATP 6-22.5, 2016: A Leader's Guide to Soldier Health and Fitness