



The Source for Navy News



*Captain's Call*

## CNP Podcast Highlights Navy's Operational Stress Control Program

The chief of naval personnel discussed the Operational Stress Control (OSC) program and its importance to Sailor and family readiness in a recent podcast.

The OSC program has been touted as the Navy's proactive approach to address the personal readiness of Sailors and their families. The Navy has always had strong programs in medical and dental readiness; the new OSC program, however, addresses the mental health readiness of the maritime force.

Operational stress is found throughout the fleet, across every rating and billet. The OSC program provides Sailors and leadership the educational tools and awareness needed to recognize and manage stress. The program is designed to help remove the stigma from those who may be facing mental health issues in their lives, enabling them to deal with stress and to seek professional help if necessary.

To date, the program has reached more than 17,000 Sailors. Future initiatives include development of a formal operational stress control curriculum which will reemphasize the importance of stress control as part of the continuum of care throughout a Sailor's career.

To listen to the complete podcast, visit [www.navy.mil/media/audio/cnp/cnppodcast.htm](http://www.navy.mil/media/audio/cnp/cnppodcast.htm).