

BUILDING RESILIENCE TO COPE WITH STRESS



The Marine Corps is a tribe—and your tribe is your lifeline. [Combat and Operational Stress Control \(COSC\)](#) uses Operational Stress Control and Readiness (OSCAR) teams to strengthen that bond by building resilience, readiness, and trust.

OSCAR TEAMS

OSCAR Teams comprised of specially trained Marines (known as OSCAR Marines), extenders, and mental health professionals (MHP) assist commanders and Marine leaders in preventing, identifying, and managing the impacts of stress to maintain warfighting capability.

WHAT YOU NEED TO KNOW

- **Spot Stress:** Recognize it in yourself and your fellow Marines.
- **Seek Help:** Reaching out isn't weakness—it helps you maintain readiness. Mental health professionals, chaplains, peer support, and leadership—stand ready to help, judgment-free.

STRENGTHEN YOUR UNIT FROM THE INSIDE OUT

- **Build Cohesion:** Trust, support, and open communication keep your unit mission ready.
- **Intervene Early:** Don't wait for things to fall apart. Early support = better outcomes.
- **Warriors Lead:** Help new Marines connect and adjust. Strong leaders set the tone.
- **Trust is Key:** Confidentiality matters. What's shared in support stays in support.

FIND AN OSCAR TEAM MEMBER

To find an OSCAR Team Member near you, contact your unit's COSC Representative or talk to a trusted leader. Marines can also search the database of OSCAR Team Members, find their local regional training coordinator, and contact information for Headquarters COSC at the link below or by scanning the QR code:

https://usmc.sharepoint-mil.us/sites/DCMRA_family_mfc_bhint_COSCC/SitePages/Home.aspx



Stay strong. [Stay connected.](#) Stay ready.