

# 6 TIPS

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## TO COMBAT OSTRACISM

We are stronger when we **BELONG**

Ostracism — intentionally excluding or ignoring others — can be a harmful experience

### Be aware

Spread the word about ostracism and its negative impact. Share this resource with your teammates. This [blog](#) can also help get you started.

### Engage

Connect with teammates and prevent subtle forms of ostracism before they start. Cohesive units combat ostracism together.

### Learn

Explore research about ostracism as it continues to emerge, observe your team environment, and develop skills to prevent ostracism and eliminate it when it occurs.

### Offer support

Provide and encourage others to seek social support. Leaders: support healthy connections within your team, take steps to prevent and eliminate ostracism, and be your team's role model for high-quality inclusive communication.

### Notice conflict

Observe and act. Prevent harmful or abusive ostracizing behaviors and promote a climate of dignity, respect, and connectedness.<sup>1</sup>

### Get help

If you are dealing with the effects of being ostracized, help is available. See the resources below.

- Reference** 1. Department of Defense. (2020, September 11). *DOD policy on integrated primary prevention of self-directed harm and prohibited abuse or harm* (DODI 6400.09). <https://www.esd.whs.mil/Portals/54/Documents/DD/issuances/dodi/640009p.pdf>

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**REAL STRENGTH**

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to learn about resources for staying  
mission ready.

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Psychological Health Resource Center  
for free 24/7 confidential support:  
• 866-966-1020  
• [health.mil/PHRC](https://health.mil/PHRC)

IF IN CRISIS CALL/TEXT 988  
ADDITIONAL RESOURCES:  
• [militaryonesource.mil](https://militaryonesource.mil)  
• [health.mil/inTransition](https://health.mil/inTransition)