

PROMOTE RESILIENCE

Practice self-care such as regular exercise, sufficient sleep, and relaxation time. Invest in resilience skills like balance your thinking, mindfulness, and looking for the good to manage stress.

RECOGNIZE SIGNS OF DISTRESS

Mood changes, such as depression or anxiety Irritability, agitation, or anger Sleep difficulties

Withdrawing from social activities, family, friends, or others

Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

ASK CARE ESCORT

Directly ask the individual if they are having thoughts of death, self-harm, or suicide.

Care about their answer. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, escort them to a qualified professional or leadership.

SLO

If someone demonstrates signs of distress, consider their access to LETHAL means including firearms, medications or other means of fatal methods. Airmen should remember to "go SLO" - use Safes, Locks, or store means Outside the home.

SMALL STEPS SAVE LIVES.

www.resilience.af.mil

MILITARY CRISIS LINE: 1 (800) 273-8255							
HELPING Resource:	COMMANDER/ Supervisor	AIRMAN & FAMILY Readiness center	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE Assistance Program	MENTAL HEALTH Clinic / DPH	EMERGENCY Room
Contact:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	√		√	√	√	√	√
Relationship Problems	V	√	V	V	V	√	
Loneliness / Isolation	V	√	V	√	V	√	
Workplace Stress or Problems	V	V	V	V	V	V	
Alcohol / Drugs	must report to ADAPT			√	V	√	
Fatigue / Sleep	V		٧	√	V	√	
Anxiety / Panic Depression	V			√	V	√	
Grief and Loss	V	√	V	√	V	√	
Deployment	V	√	٧	√	V	√	
Finances / Budget	V	√	√ (OneSource)	√	V		
Retirement / Separation	√	√	√	√	√	√	