

AF RESILIENCE



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

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

CARE

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

ESCORT

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

GO
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

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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 (MH) CLINIC	EMERGENCY ROOM
Contact:							
CAN ASSIST:	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	√		√	√	√	√	√
Relationship Problems	√	√	√	√	√	√	
Loneliness / Isolation	√	√	√	√	√	√	
Workplace Stress or Problems	√	√	√	√	√	√	
Alcohol / Drugs	must report to ADAPT			√	√	√	
Fatigue / Sleep	√		√	√	√	√	
Anxiety / Panic Depression	√			√	√	√	
Grief and Loss	√	√	√	√	√	√	
Deployment	√	√	√	√	√	√	
Finances / Budget	√	√	√ (OneSource)	√	√		
Retirement / Separation	√	√	√	√	√	√	

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Anxiety / Panic Depression	√			√	√	√	
Grief and Loss	√	√	√	√	√	√	
Deployment	√	√	√	√	√	√	
Finances / Budget	√	√	√ (OneSource)	√	√		
Retirement / Separation	√	√	√	√	√	√	