



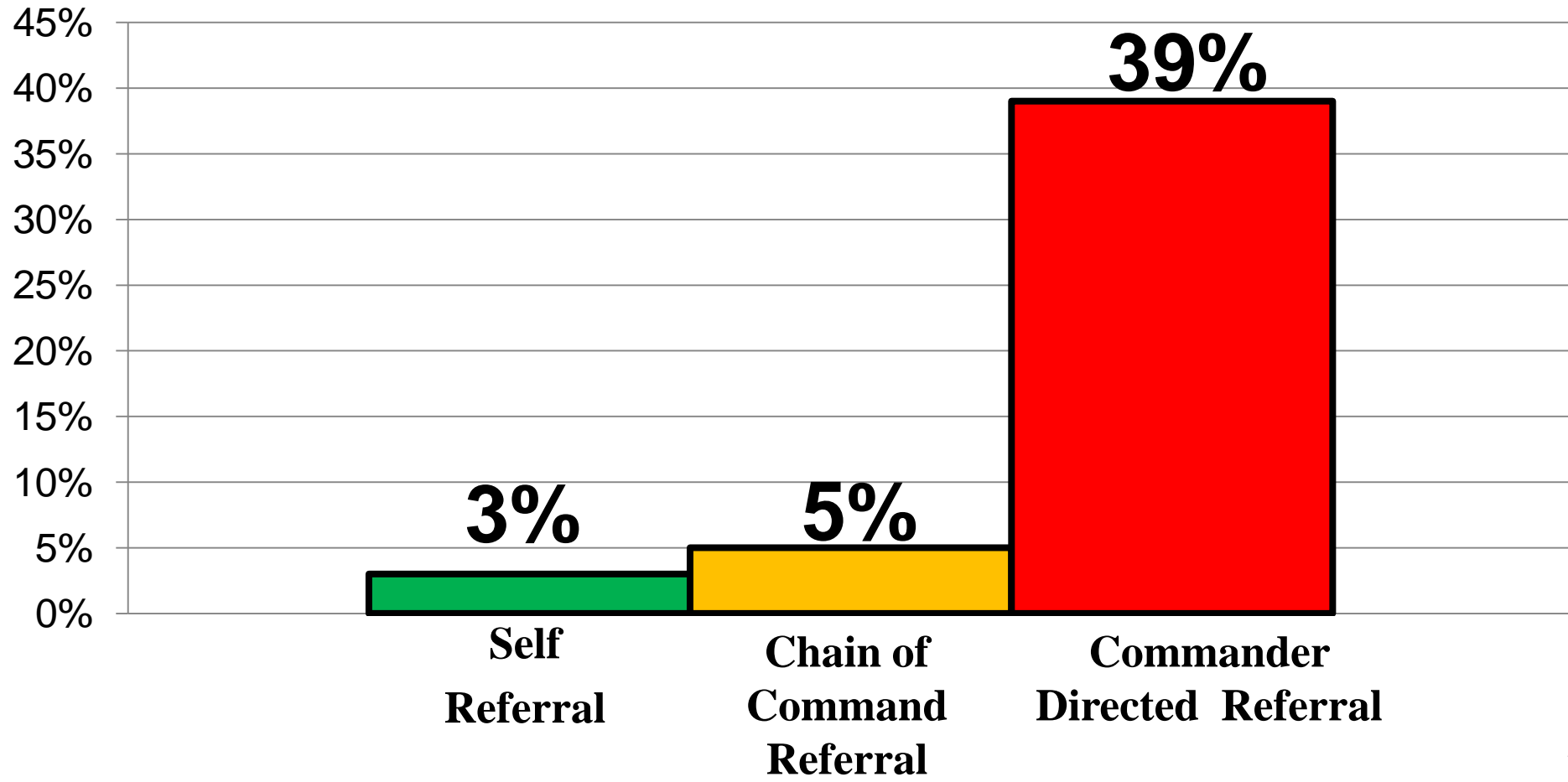
Getting Help for Problems/Issues



- **Asking for help/taking care of problems is a sign of good judgment**
- **We all need to be physically and mentally fit to function optimally (e.g. deploy, perform dangerous duties)**
- **Dispelling myths of getting mental health help**
 - **Career Impact**
 - **Confidentiality**

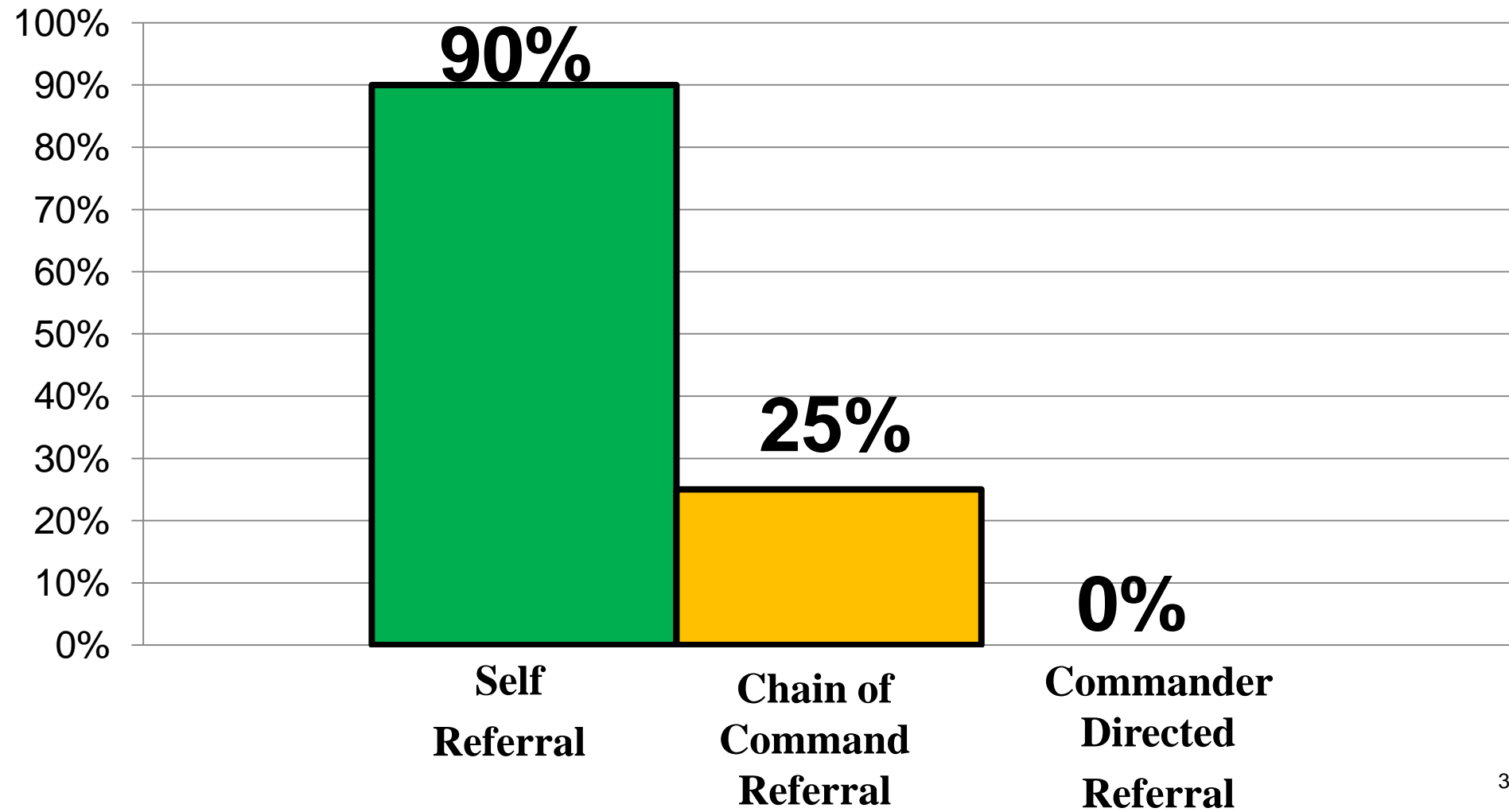


Percentage that had a Career Impact Based on Type of Referral to Mental Health





Percentage that had their Confidentiality Maintained Based on Referral Type to Mental Health





Help is Readily Available

- Mental Health Clinic
- Chaplain Services
- Airman and Family Readiness Center
- Military and Family Life Consultant
- Primary Care Medical Provider
- Other Resources: wingman, supervisor, chain of command
- Militaryonesource.com
- CALL 385-HELP (4357)
- Triwest BH Portal www.triwest.com/bh