



## ***Self Care & Agencies That Can Help:***

**Area Defense Counsel:** Personal assistance and guidance with legal concerns. Can provide realistic information about the nature of the legal issues faced and possible options of redress.

**Chaplain:** Offers complete confidentiality for members to discuss their spiritual concerns without risk of impacting their legal case. Provides spiritual assistance and help with relationship concerns.

**Mental Health Clinic:** Counseling and/or medications to manage the stress of the investigation and address any mental health concerns that may exist. Treatment programs are individualized to address the member's specific concerns (stress, depression, substance abuse, relationship issues, goal-setting, etc).

**Family Advocacy Program:** Couples and family counseling, parenting issues, New Parent Support Program.

**Health and Wellness Center:** Multiple services to address fitness, nutrition, tobacco cessation, stress management, and other health-related issues.

**Airman & Family Readiness Center:** Financial counseling, transitional assistance, job resumes, Air Force Aid.

### **If You Need Additional Assistance:**

For status of the investigation, contact the investigator below:

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*(Name)*

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*(Telephone Number)*

For legal counseling services, contact the Area Defense Counsel (ADC) below:

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605-385-2158

*(Telephone Number)*

For Chaplain services, contact the office below:

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605-385-1598

*(Telephone Number)*

For Mental Health Clinic and/or the Limited Privilege Suicide Prevention (LPSP) program contact the office below\*:

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605-385-3656

*(Telephone Number)*

**\* For emergency services, go to the closest Emergency Room or dial 911. If you are thinking about suicide, get help NOW!**



***INFORMATION  
FOR AIRMEN UNDER  
INVESTIGATION***



## Under Investigation?

If you have been notified you are under investigation, it is vital to know that you are not alone - support and assistance are available to you from many areas within the Air Force community. You may not feel comfortable talking about your situation with your supervisor, first sergeant, or commander. You may feel isolated from members of your unit and your peers. Many people report feeling guilty and embarrassed about the impact of the investigation on their families. Many say they feel hopeless about their situation. Please remember, no matter how difficult your circumstances may appear, that there are ways to successfully get through any situation. Despite what it might feel like right now, your current legal difficulties will not last forever and your life will go on.

The stress of an impending investigation can take a toll on anyone physically, emotionally, socially, and spiritually. These four areas of one's life are considered "anchors" or "tie downs" for weathering tough times.



**Physical      Emotional      Social      Spiritual**

**Tie downs for riding out life stress**

The more support you have in each area (Physical, Emotional, Social, and Spiritual), the more you will be able to withstand the stresses you experience in the investigation. It is vital that you strengthen these "anchors."

It is also important to recognize when these four areas are negatively impacted by the stress you are experiencing. If yes, seek out resources that can help you manage stress.

## Some Ideas for Managing Stress:

**Contact your Wingman!** If you don't have a Wingman, get one! If you have one, call him/her. Today! Think about what you would want to do for your Wingman in his/her time of need, and then allow yourself to ask for, and accept, the help your Wingman wants to offer.

**Take care of yourself physically!** Often, just when we most need to take better care of ourselves, we resort to unhealthy habits (eating poorly, smoking, consuming excessive amounts of alcohol, and not exercising). The most basic, and often overlooked, source of coping is to take care of one's physical needs. If you are to get through the next few weeks and even months of legal proceedings, you absolutely NEED to get the sleep, hydration, nutrition, and exercise that your body requires. Limit your alcohol and caffeine use.

**Attend to your emotional needs!** People often tend to ignore their emotional needs. The old adage "suck it up" is frequently said to troops feeling sad, depressed, or worried. While it is important to maintain military bearing and continue to ensure mission success, it is also important that negative emotions are dealt with. If you are feeling down, frustrated, worried, or sad, recognize that such feelings are normal and are your mind's way of telling you there is a problem you need to address.

**Turn to your social support!** Troops under stress frequently isolate themselves from the primary source of support available to them - their friends and family. If you are feeling guilty, embarrassed, ashamed, or less-than-worthy, it is particularly important to keep interacting with your social network. Isolation is the enemy! Your social support is also where you can share your fears, sadness, and other emotions.

**Nurture your spiritual life!** For many people, spirituality is essential to coping with stress, enhancing life satisfaction, and feeling connected to the world. No matter what spiritual background you come from, neglecting this important part of your life can deprive you of a great source of support, while nurturing one's spirituality can help even the most discouraged individual cope.

## Please seek immediate help if:

- ✧ You are thinking of hurting yourself or others.
- ✧ You cannot think clearly and have thoughts of ending your own or someone else's life.
- ✧ You feel hopeless or helpless, or it feels as if nothing will ever get better.



## What is the LPSP?

The Limited Privilege Suicide Prevention (LPSP) program provides limited protection for communications with mental health personnel by individuals under investigation who are suicidal. The goal is to assist someone under investigation, and who is in crisis, to feel more comfortable talking with mental health personnel. Since LPSP does not provide complete confidentiality, it is important that you discuss with the Area Defense Counsel what you can disclose to staff at the Mental Health Clinic.

Even if you decide, with your Area Defense Counsel, that the LPSP is not right for you, mental health personnel can be very helpful in managing a crisis. Every effort is made to protect your privacy during treatment.

*Ultimately, it is up to you to help yourself. Assistance is available. Reach out and accept the help offered. There are many caring, honest professionals working at your base who have devoted their lives to helping others in need. Let them help you.*