



# *Wingmen make a Difference*



- **First line of support for troubled Airman**
- **Best “eyes” and “ears”**
- **Best able to identify a problem and get your wingman the help needed**
- **25 “saves” since April 2009**
  - **Wingman or supervisor identified distressed/suicidal Airmen and got them help**



# ***Risk Factors for Suicide (% present in recent AF suicides)***



- **Relationship troubles (70%)**
- **Mental Health concerns such as depression in past year (53%)**
- **History of suicide attempts/behaviors (37%)**
- **Financial problems (36%)**
- **Problems at work (33%)**
- **Alcohol problems (20%)**
- **Legal Problems (18%)**



# Remember - ACE

- **Ask:** Ask directly how he/she is doing
  - *“You are not acting like your self lately. Is everything all right? Are you thinking about suicide?”*
- **Care:** Calmly express your concern
  - *“I’m concerned about you. Let’s go talk to someone who can help.”*
- **Escort:** Escort your wingman for help.
  - *Walk with him/her to your chain of command or to chaplain or Mental Health Clinic.*



# *Help is Readily Available*

## *Helping Agencies*



- Mental Health Clinic
  - Assessment /Treatment of mental health issues
  - Depression, Anxiety, Relationship Problems
  - Alcohol/substance abuse, prevention, and treatment
  - Stress management, coping skills
  - Suicide assessments/stabilization, 24/7 on-call provider
- Chaplain Services
  - Crisis Counseling
  - Helps place life challenges in perspective
  - Advice on available resources
  - Total Confidentiality, 24/7 Availability
- Airman and Family Readiness Center
- Military and Family Life Consultants
- Primary Care Medical Provider
- Other Resources: wingman, supervisor, chain of command



# ***The Team Needs You***



- **Valued member of this unit, the 28 BW and the USAF**
- **A community of people care about you: coworkers, family, friends**
- **Key contributor to our Nation's Security/Safety**
- **People care about you and your well-being**
- **Whatever the stressors...they are temporary**
- **There are healthy solutions to whatever problem you may encounter**