



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**
- **Countless “saves” in 2011**
 - **Wingman or supervisor identified distressed/suicidal Airmen and got them help**



AF/Nellis/Creech Suicide Stats

■ Completed Suicides

- AF 38
- Nellis/Creech 2

■ Attempted Suicides

- Nellis 14
- Creech 4



Risk Factors for Suicide

- **Relationship troubles**
- **Mental Health concerns such as depression**
- **History of suicide attempts/behaviors**
- **Financial problems**
- **Problems at work**
- **Alcohol problems**
- **Legal problems**



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.



Help is Readily Available Helping Agencies

- **Mental Health Clinic**
3-3880
- **Chaplain**
2-2950
- **Airmen and Family Readiness Center**
 - **Military Family Life Consultant**
2-3327
- **Other Resources: wingman, supervisor, chain of command**



The Team Needs You

- **Valued member of this unit, the Nellis/Creech Community and the USAF**
- **A community of people care about you: co-workers, family and 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**