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

Honor the Warfighter
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.

Honor the Warfighter
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