

# COMMANDER'S CALL TOPICS

NOTE: This product has embedded hyperlinks and is best viewed online.

23 — 27 October 2017

## Priority Topic

of the  
Week

## Invisible Wounds Initiative

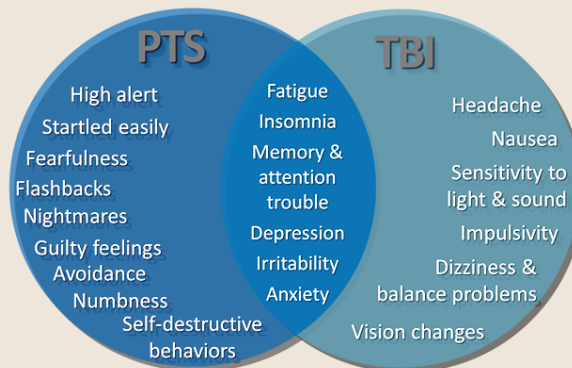
### **Invisible Wounds Initiative**

Our Airmen stand ready, performing selfless duty in defense of the nation. At times, military life presents unique challenges. The Air Force is committed to taking care of Airmen and families and has a wide range of services available to address and take care of the Total Force.

The Invisible Wounds Initiative is designed to provide oversight, guidance, and advocacy to ensure Airmen and families suffering from invisible wounds successfully reintegrate back to duty or transition into veteran status with dignity and respect. The initiative was developed by the Air Force's top leadership to integrate quality-of-life efforts and improve readiness. The focus is to provide an increased emphasis on the quality and continuity of care for Airmen and families suffering from invisible wounds.

### **What is an Invisible Wound?**

- Invisible wounds can be Post-traumatic Stress (PTS) and Traumatic Brain Injuries (TBI), as well as other cognitive, psychological, or behavioral disorders
- Signs and symptoms to watch out for include:



### **The Power of You**

Even if you do not suffer from invisible wounds, you play a critical role in caring for your fellow Airmen.

- Know the symptoms and pay attention to those around you who may not realize something is wrong.
- Listen and be respectful to your fellow Airmen when they need a friend or reach out for help.
- Encourage those in need to seek care. Let them know that it is ok to ask for help.

### **The following resources are available for anyone in need:**

- **Military Treatment Facility (MTF)** – Provides direct health and wellness care <http://www.airforcemedicine.af.mil/Organizations/MTFLocator/>
- **Military OneSource** – Provides health and wellness resources and confidential help: [militaryonesource.mil](http://militaryonesource.mil)
- **Military Crisis Line** – Access 24/7 immediate, confidential crisis support at 1-800-581-9437

## Personnel Topics of Interest

- 2017 AF Handbook 1, Airman and enlisted promo study guides released ([AFPC.MIL](http://AFPC.MIL))
- Blended Retirement System Opt-in Training available ([AF.MIL](http://AF.MIL))
- AF selects more than 1,200 civilians for developmental education ([AFPC.MIL](http://AFPC.MIL))

Commander's Call Topic Archive: <http://www.af.mil/AboutUs/CommandersCallTopics.aspx>

Commander's Call Topics is published weekly by SAF/PA to ensure leaders at all levels remain current on issues concerning Airmen and families. Requests for information to be included in future editions should be sent to SAF/PAX via [email](mailto:SAF/PAX).

Submissions should include:

- 1) 1-2 sentence synopsis of the issue
- 2) hyperlink to further details
- 3) a POC name and contact information.

\*Only submissions that pertaining to the majority of Airmen or specifically to command leadership teams will be considered. Local or limited-interest items will not be included.