

Resilience

The majority of Airmen cope effectively every day, even in the face of difficult problems. However, at times, even the most resilient person can be overwhelmed by stressors and challenges. Unhealthy coping can make problems worse and lead to dysfunctional behaviors, such as alcohol abuse, violence, and even suicide. For this reason it is essential to identify and take immediate action when stress becomes overwhelming. The [Airman's Guide](#) to assisting personnel in distress is a tool kit for exactly that purpose. Knowing the common indicators of distress is the first step to identifying distress in you and in others. In order to promote healthy living, it is critical that Airmen take care of Airmen.

Suicide Prevention and Resilience

Click [here](#) for more resources and leadership tools on suicide prevention and resilience.



All Airmen are encouraged to:

- Take care of themselves so they can take care of others
- Be aware of their response to challenging situations
- Support awareness and use of helping resources
- Promote a climate that encourages help-seeking behavior as a sign of strength
- Monitor wingmen who are struggling and provide support as they resolve problems
- Promote clear and frequent communication in all directions
- Identify unhealthy coping and promote healthy problem solving in the face of challenges

Use the ACE Model:

Ask your Wingman

- Ask the question directly: "Are you thinking of killing yourself?"

Care for your Wingman

- Control the situation; do not use force; be safe
- Actively listen and show understanding and empathy
- Remove any means that could be used for self-injury

Escort your Wingman

- Never leave your Wingman alone
- Escort to supervisor, chaplain, health care professional
- Call the National Suicide Prevention Lifeline (800) 273-8255 (TALK)
- Follow up with your Wingman



► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](http://www.af.mil)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment Opportunities](#)

[NAF Employment Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

July 21, 1994 – The last F-16 Fighting Falcon left the 86th Fighter Wing at Ramstein Air Base, Germany, for Aviano AB, Italy. This action ended U.S. Air Forces in Europe fighter operations at Ramstein AB.

July 22, 1950 – The U.S. Navy aircraft carrier, the USS Boxer, arrived in Japan with 145 Air Force F-51 Mustangs on board. The 3rd Air Rescue Squadron deployed the first H-5 helicopter in Korea to Taegu.

July 23, 1995 – To ease economic suffering in Byelorussia, a 433rd Airlift Wing C-5 Galaxy airlifted in 28 pallets of medical supplies, blankets, clothes, furniture, and a military ambulance.

July 24, 1917 (through August 6) – Two Air Force Bell UH-1 Iroquois helicopters moved medical personnel and 10 tons of food and medical supplies to aid victims of a flood in western Ecuador.

July 25, 2000 – A pilot flying the F-22 Raptor No. 2 successfully launched an AIM-9 Sidewinder missile at the China Lake test range to confirm its ability to launch an air-to-air missile from an internal weapons bay.

July 26, 1915 (through 29) – Capt. Benjamin D. Foulois and his 1st Aero Squadron, with only eight Curtiss JN-3 airplanes, traveled from San Diego by train to Fort Sill, Oklahoma. There, they participated in observation and fire control experiments with the Field Artillery School.

July 27, 1953 – Capt. Ralph S. Parr Jr. shot down an Ilyushin II-12 for the last aerial victory of the Korean War.



The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#).

To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.



For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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