



August 31, 2016

SEPTEMBER IS SUICIDE PREVENTION MONTH

Resiliency helps all Airmen recover readily from setbacks and even grow as they overcome adversity.

For resilience and suicide prevention tools and information, check out the following links:

- Wingman Online: www.wingmanonline.org
- Air Force Medicine: www.airforcemedicine.af.mil/suicideprevention
- Wingman Toolkit: www.wingmantoolkit.org

ALL WINGMEN HAVE TWO KEY RESPONSIBILITIES.

1. Keep themselves physically, mentally, socially, and spiritually fit to perform the mission and seek help when necessary.
2. Early detection and intervention for themselves and other Airmen.



LEADER RESPONSIBILITIES:

- Foster a community whose members are capable and have a sense of belonging.
- Commit to building a community that recognizes Airmen in distress and intervenes appropriately to provide support and resources.
- Remain diligent in removing barriers to seeking mental healthcare -- a sign of strength is to seek help.
- All can make a difference by helping our Wingmen understand they are not alone and positive support is available.
- Monitor the potential stressor or distressed person to ensure the issue has been resolved.
- When Airmen are able to take care of themselves they are available to support the mission as well as their family, friends and fellow Wingmen.
- Remain vigilant for unhealthy coping mechanism such as use of alcohol or drugs.

For more information on possible factors among suicides in the military click [here](#).

What to avoid saying when talking about suicides:

- Detailed descriptions of the suicide, including specifics of the method and location.
- Citing suicide statistics and overstating the frequency of suicide.
- Using the words “committed suicide” or “failed” or “successful” suicide attempt.

What to provide when “*Be-ing There*:”

- Referral phone numbers.
- Information about local crisis intervention services.
- Concrete steps for finding help.

U.S. AIR FORCE
WINGMAN ONLINE - SUICIDE PREVENTION & RESILIENCE

Recognize the Signs, Take Action, Get Help Early.
Military Crisis Line
1-800-273-8255, PRESS

HOME TRAINING VIDEO LIBRARY RESOURCES

SEARCH

SUICIDE PREVENTION TRAININGS

| Annual Suicide Prevention | Frontline Supervisor | Civilian Supervisor | Wingman Day |
|--|---|--|---|
| Suicide prevention is the responsibility of the entire Air Force community. These videos train Total Force Airmen – including Active Duty, Guard, Reserve, and Civilians – to build a resilient Wingman culture. | Frontline Supervisor Training (FST) is a course developed by the Air Force to prepare supervisors to identify and intervene with Airmen at risk for suicide, utilizing the PRESS (Prepare, Recognize, Engage, Send, and Sustain) model. | This course provides in-depth training for supervisors of civilian personnel to help employees in distress, utilizing the PRESS (Prepare, Recognize, Engage, Send, and Sustain) model. | These modules provide refresher training for Airmen and frontline supervisors to enhance their ability to recognize and effectively intervene with other Airmen in distress, utilizing the PRESS (Prepare, Recognize, Engage, Send, and Sustain) model. |

► 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

September 1, 1995 – The SR-71 Blackbird, the fastest aircraft in the world, returns to active service. It was removed from the U.S. Air Force inventory in 1990 when planners assumed that satellites could perform strategic reconnaissance missions.

September 2, 1982 – After an 11.4-hour nonstop flight from Edwards Air Force Base, California, a B-1B Lancer prototype landed at Farnborough, England, for static display. This was the aircraft's first landing at a site other than Edwards AFB.

September 3, 1971 – President Richard M. Nixon dedicates the new National Museum of the United States Air Force at Wright-Patterson AFB, Ohio.

September 4, 1952 – The Air Force awarded the production contract for Lockheed's 383 Transport, better known as the C-130 Hercules.

September 5, 1951 – The Air Force awarded a contract to Consolidated Vultee Aircraft Corporation (later Convair) for the world's first nuclear-powered plane. General Electric built the engine.

September 6, 2002 – During Operation Noble Eagle, fighters resumed 24-hour combat air patrols temporarily over Washington, D.C., and New York City as the anniversary of the Sept. 11, 2001, terrorist attacks approached.

September 7, 1956 – At Edwards AFB, Capt. Iven C. Kincheloe set an altitude record for manned flight by flying the Bell-X-2 (nicknamed "Starbuster") rocket-powered aircraft to 126,000 feet. He later received the Mackay Trophy for this flight.



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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