



# COMMANDER'S CALL TOPICS

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

04 - 08 September 2017

**Priority Topic**  
of the  
**Week**

**Suicide Prevention  
Awareness Month**

## **Suicide Prevention Awareness Month**

September is Suicide Prevention Awareness Month. Suicide prevention is the responsibility of everyone - from the newest trainee to the most senior of Airmen. Seeking help is not a sign of weakness; it's a sign of strength, resilience, and a step towards recovery.

Helping our Airmen and their families cope with everyday stress is a top priority for all Air Force leaders. Suicide is a complex public health issue that touches the lives of millions of people throughout the world.

## **Suicide Risk Factors and Warning Signs?**

A multitude of factors may increase the likelihood of suicide, including relationship or marital problems, financial distress, behavioral health disorders (post-traumatic stress, depression, anxiety disorders), and legal and/or disciplinary problems.

Step in and ask if your Wingman needs help if you notice signs of depression; hopelessness; loss of interest at work; anxiety; withdrawing from family and friends; agitation or irritability; changes in appearance, hygiene or demeanor; increased use of alcohol and other substances; or wanting to die or feeling like a burden.

## **How Do I Help Someone Who is in Trouble?**

Understand warning signs and take actions to reduce suicide when one thinks someone is at risk. Encourage Airmen and their families to talk with each other regarding issues they may be having. Communicate that it's okay to ask questions about suicidal thoughts or expressions of self-harm. Take any mention of suicide seriously; seek help before it's too late.

## **Additional Information**

Wingman Online: [www.wingmanonline.org/Home](http://www.wingmanonline.org/Home)

AFMS - Suicide Prevention: [www.airforcemedicine.af.mil/SuicidePrevention/](http://www.airforcemedicine.af.mil/SuicidePrevention/)

BeThere: [www.betherepeersupport.org/](http://www.betherepeersupport.org/)

DOD BeThere Peer Support Call and Outreach Center: (844) 357-PEER (7337), Text (480) 360-6188

Military Crisis Line: (800) 273-8255, Text 838255

## **Personnel Topics of Interest**

- AF Announces Initiatives to Lessen Pilot Shortage ([AF.MIL](#))
- AF Host Military, Civilian Workforce Summit ([AF.MIL](#))

## **Other Topics of Interest**

- AF 70th Birthday ([AF.MIL](#))
- Fall 2017 Waypoints edition now available ([Telling the AF Story](#))

## **September Observances**

- Suicide Prevention Month ([SAF/PA](#)) (site requires CAC access)

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](#).

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.