

HELPFUL CONTACT INFORMATION & LINKS

DCOE Outreach Center
(PTSD and Psychological Health)
1-866-966-1020

Military OneSource Wounded Warrior
Resource Call Center
1-800-342-9647

Suicide Prevention
1-800-TALK (8255)

Military Crisis Line
1-800-273-8255

Veterans Crisis Line
1-800-TALK (8255), Press 1
<http://www.realwarriors.net/>

Military Caregiver Resources
<http://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Warrior-Care/Military-Caregiver->



FOR MORE RAMP INFORMATION

RAMP PROGRAM MANAGER

Jose A. Martinez
jose.martinez.5@us.af.mil
(210) 565-4605

Air Force Wounded Warrior
<http://www.woundedwarrior.af.mil/>
1-800-581-9437 (Toll Free)



Connect with us using AFW2 Social Media

www.youtube.com/user/AFWoundedWarrior
www.facebook.com/AirForceWoundedWarrior
www.flickr.com/photos/airforcewoundedwarrior/
www.twitter.com/AFW2



WOUNDED WARRIOR
carebeyondduty

Recovering Airman Mentorship Program (RAMP)



Connecting a recovering Airman to mentors that understand life's challenges and experiences, providing guidance, hope and reassurance—AFW2

Recovering Airman Mentorship Program (RAMP)

Mission:

To motivate a Recovering Airman by helping them develop one-on-one relationships with fellow Recovering Airman who are further along in the recovery process. The program supports the physically wounded, ill or injured Airman, to include those suffering with Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI).

Vision:

To increase the number of Mentors and Mentees by developing peer, athletic and caregiver mentors and connecting them Air Force wide.

Program Services

- Establish trusted partners in providing responsive, full-spectrum (Body, Mind and Spirit) mentorship to Air Force combat and non-combat wounded, ill and injured active duty, retired, separated, Guard, Reserve, and family members
- Provides training and tools to mentors
- Provides mentoring opportunities via Warrior Care Service/Airman Medical Transition Units (AMTU's)

Results

- Camaraderie, social interactions & support
- Greater self-esteem, self care & motivation
- Improved acceptance of one's illness/injury
- Increased skill building & mastery
- Offers a therapeutic effect for both the mentor and mentee, knowing that no one is alone in the journey to recovery!

FREQUENTLY ASKED QUESTIONS

How do I become a Mentor?

Contact a Non-Medical Care Manager (NMCM) or Recovery Care Coordinator (RCC), complete the application with their concurrence.

How long can I be a Mentor?

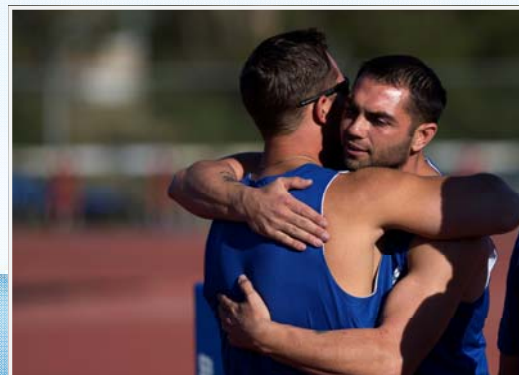
RAMP is completely voluntary; mentors and mentees can participate as long as they wish.

How do I ask for a Mentor?

A mentee can ask for a mentor by contacting a NMCM, RCC or the RAMP Program Manager.

Where can I receive RAMP training?

Contact the RAMP Program Manager for training. RAMP training can be in a formal classroom setting, one-on-one or by telephone.



“Mentors are not there to make us ‘happy,’ they are there to guide us to the best of their knowledge.”

Marsha Gonzales

Deputy Warrior & Survivor Care Division



HEAR FROM OTHER WARRIORS

“The best help we can offer is someone who has been where you are.” - AFW2 Mentor

“I was truly inspired and motivated by my mentor; he helped me recover in a way I didn't realize was possible.” - AFW2 Mentor

