

# COMMANDER'S CALL TALKING POINTS MAY 2021



## May Is Mental Health Awareness Month

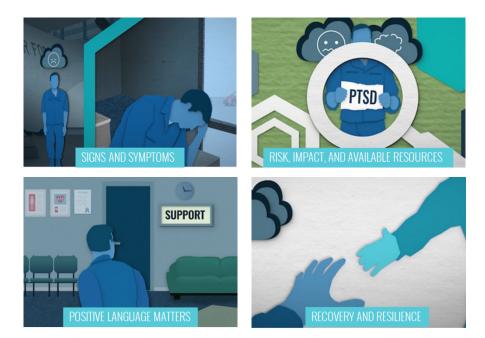
Since 1949 the United States has observed Mental Health Awareness Month during May. As a key component of resilience and readiness, mental health is critical in maintaining the overall health and well-being of Airmen, Guardians, and families.

This month, speak with your Airmen and Guardians to highlight resources and the importance of seeking support for <u>invisible wounds</u>. By striving for resilience and seeking support when needed, Airmen and Guardians can prepare themselves to face any challenges that come their way, both at work and in their personal lives.



### **Invisible Wounds Video Series**

Seeking help for invisible wounds can result in positive outcomes that can enhance resilience. <u>The Invisible Wounds video series</u> showcases four important help seeking topics: knowledge of the signs and symptoms of invisible wounds, risk, impact, and resources for invisible wounds, the power of positive communication, and help seeking options to reach recovery and resilience.



### **Invisible Wounds Recovery Stories**

Additional resources to support Mental Health Awareness Month are the <u>Invisible Wounds</u> <u>Recovery Stories</u>. It is important for Airmen and Guardians experiencing invisible wounds to know that they are not alone. Check out these real-life stories from peers who share their resilience and how they overcame mental health challenges:

- <u>Shift Back to Normal: How MSgt Michael Myers Found Resilience through Humility and Helping Others</u>
- Harnessing Resilience to Overcome Invisible Wounds and Regain Control over Life
- The Journey to Seeking Help for Multiple Traumas

If you are interested in sharing your story, please email us at Contact@ReadyAirmen.com.

# Resources

It's never too late to seek help for an invisible wound. Mental health is a priority of the Air Force and many resources are available to support Airmen and Guardians. To learn more, visit www.readyairmen.com.



Talk to Someone

Trusted Advocates (Wingmen, Family, Friends)
Chaplains

- <u>Military & Family Life</u> <u>Counseling Program</u>
- Military OneSource
- <u>Ivilitary Onesc</u>
- <u>Vet Centers</u>



#### **Medical Support**

Military Treatment Facility
 Behavioral Health
 Optimization Program (also
 known as Primary Care
 Behavioral Health)

Mental Health Clinic

 Mental Health Professionals Embedded in Line Units (where available)



#### Emergencies

Call 911 or go to the nearest emergency room

• Military Crisis Line is a 24/7 hotline that offers confidential, immediate help and connects military service members and their families who are experiencing a crisis with trained counselors. Call 800-273-8255, then press 1; text 838255; or chat online