



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 [invisible wounds](#). 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. [The Invisible Wounds video series](#) 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 [Invisible Wounds Recovery Stories](#). 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:

- [Shift Back to Normal: How MSgt Michael Myers Found Resilience through Humility and Helping Others](#)
- [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
- [Military & Family Life Counseling Program](#)
- [Military OneSource](#)
- [Vet Centers](#)



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