

COMMANDER'S CALL TALKING POINTS

OCTOBER 2017



Are you or someone you know suffering from an invisible wound? Seeking care early and often greatly enhances successful treatment and positive outcomes. There are several resources available to support you and your family.

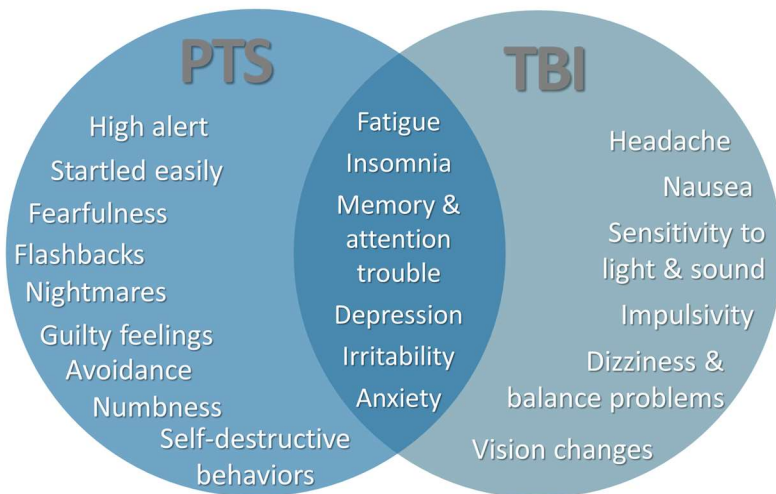
The Invisible Wounds Initiative is designed to provide oversight, guidance, and advocacy to ensure Airmen and families suffering from invisible wounds successfully reintegrate back to duty or transition into veteran status with dignity and respect. Developed in February 2016, the Air Force's top leadership assembled a cross-functional team to integrate quality-of-life efforts and improve readiness. Their focus is an increased emphasis on the quality and continuity of care for Airmen and families suffering from invisible wounds.

The Invisible Wounds Initiative is:

- Removing barriers to care and changing misconceptions about mental health
- Ensuring the Air Force consistently meets the needs of Airmen with invisible wounds
- Working to extend the same benefits, respect, and encouragement to Airmen with invisible wounds as those with physical wounds

What is an Invisible Wound?

- Invisible wounds can be Post-traumatic Stress (PTS) and Traumatic Brain Injuries (TBI), as well as other cognitive, psychological, or behavioral disorders
- Signs and symptoms to watch out for include:



Source: Defense and Veterans Brain Injury Center, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Center

The Power of You

Even if you do not suffer from invisible wounds, you play a critical role in caring for your fellow Airmen.

- **Know the symptoms** and pay attention to those around you who may not realize something is wrong.
- **Listen and be respectful** to your fellow Airmen when they need a friend or reach out for help.
- Encourage those in need to seek care. Let them know that **it is ok to ask for help.**

The following resources are available for anyone in need:



Airman and Family Readiness Center (A&FRC) – Provides assistance services on and off base



Air Force Wounded Warrior Program (AFW2) – Aides in navigating the Continuum of Care process
woundedwarrior.af.mil



Military Treatment Facility (MTF) – Provides direct health and wellness care
www.tricare.mil/mtf



Military OneSource – Provides health and wellness resources and confidential help
militaryonesource.mil



Real Warriors Campaign (RWC) – Offers online resources about psychological health and TBI for military
www.realwarriors.net



USAF Chaplain Services – Provides confidential care and counseling
www.chaplaincorps.af.mil



Vet Center Program – Provides counseling post-deployment to aid in successful adjustment into civilian life
www.vetcenter.va.gov



Military Crisis Hotline – Access 24/7 immediate, confidential crisis support at **1-800-273-8255**