

INVEST AND PROTECT



WHEN STRESSED, TRY:

- Playing games
- Writing
- Walking or exercising
- Breathing exercises to relax
- Talking to friends or coworkers
- Playing with kids or pets
- Focusing on spiritual time
- Listening to music
- Watching TV
- Working on arts or crafts

Learn more at www.woundedwarrior.af.mil/Airmen-Veterans/Invisible-Wounds-Initiative.

If you're still feeling anxious or in distress, contact a Wingman, a friend, family or a trusted leader. These resources can help:



MILITARY TREATMENT FACILITY (MTF)

On-base facilities for direct health and wellness care for Airmen, Air Force veterans, and their families.

Comm:



MILITARY ONESOURCE

A comprehensive DoD resource that provides health and wellness resources and confidential help, including connecting to specialized peer support groups and Military and Family Life Counseling. www.militaryonesource.mil



MILITARY CRISIS HOTLINE

Access 24/7 immediate, confidential crisis support at **1 (800) 273-8255**



USAF CHAPLAIN SERVICES

Provides confidential care and counseling, a listening ear, guidance, and religious support. www.chaplaincorps.af.mil



AIRMAN AND FAMILY READINESS CENTER (A&FRC)

On-base resource that ensures Airmen and their families connect with effective assistance services on and off base

Comm:



AIR FORCE WOUNDED WARRIOR PROGRAM (AFW2)

Utilizes Recovery Care Coordinators (RCCs) to aid service members, their caregivers, and their families in navigating the recovery, rehabilitation, and reintegration process. www.woundedwarrior.af.mil

WINGMAN

Comm:

FRIEND

Comm:

LEADER

Comm:

HOSPITAL

Comm:
