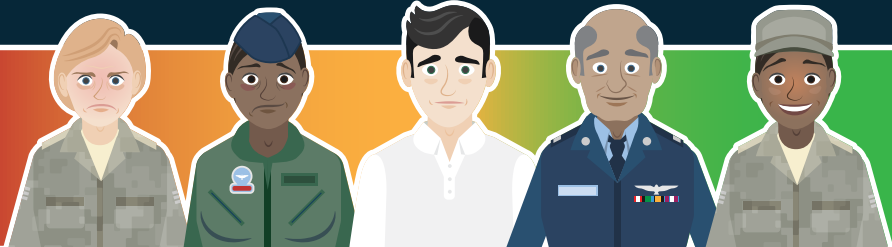


INVEST AND PROTECT



When stressed, try:

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

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



MILITARY TREATMENT FACILITY (MTF)

Offers medical treatment options for direct health and wellness care for Airmen including Behavioral Health Optimization Program (BHOP) and Mental Health Clinic. Contact your local MTF for BHOP and Mental Health Clinic services.



MILITARY ONESOURCE

Provides health and wellness resources, and confidential counseling.

Call 800-342-9647 | Visit www.militaryonesource.mil



MILITARY CRISIS LINE

Connects Airmen and their families experiencing a crisis with trained counselors.

1 (800) 273-8255 | Text 838255



CHAPLAINS

Offers 24/7 fully confidential care, counseling, and spiritual support.

Contact your local Chaplain



MILITARY AND FAMILY LIFE COUNSELING (MFLC) PROGRAM

Offers solution-focused, short-term counseling to Airmen to enhance morale and quality of life. Contact your local Airman & Family Readiness Center (A&FRC) to use MFLC services.



AIR FORCE WOUNDED WARRIOR PROGRAM (AFW2)

ANYONE may refer a recovering service member. This program utilizes Recovery Care Coordinators (RCCs) to aid service members, their caregivers, and their families in navigating the recovery, rehabilitation, and reintegration process. Visit www.woundedwarrior.af.mil



WINGMAN



FRIEND



LEADER



HOSPITAL

