



## PATRIOTISM

**Description:** To be a military patriot means to have a deep love and loyalty for one's country and a willingness to defend it at all costs. It means to be willing to put one's life on the line to protect the nation and its people, and to be willing to make sacrifices to ensure the safety and security of the country. It also means to be a part of a larger community, to be a part of a team that is dedicated to protecting and serving the nation, and to be willing to work together to achieve common goals.

Events that hurt our country, such as the attacks on 9/11/01, Coronavirus, and various natural disasters such as California wildfires and Hurricane Ian, Debbie and Helene show us that our love of the U.S.A. unites us in times of crisis. During these trying times, we put our differences aside to help our brothers and sisters in need. Acts of patriotism inspire us, fill our hearts with pride, give us hope for a better tomorrow and ultimately, bring us together. Sometimes patriotism bring us to tears.

All Airmen—officers, enlisted, and civilians—take an oath to support and defend our Constitution. This oath signifies a commitment to the Profession of Arms anchored by our Core Values: Integrity first. Service Before Self. Excellence In All We Do. We are bound by our oath – to the U.S.A., the Air Force, and each other.

## WATCH...



[DVIDS - Video - Heritage Today - Oath \(dvidshub.net\)](#)

[DVIDS - Video - Heritage Today Video Series: Core Values \(dvidshub.net\)](#)

[DVIDS - Video - Hometown Hero: MSgt Ben Seekell No Limits \(dvidshub.net\)](#)

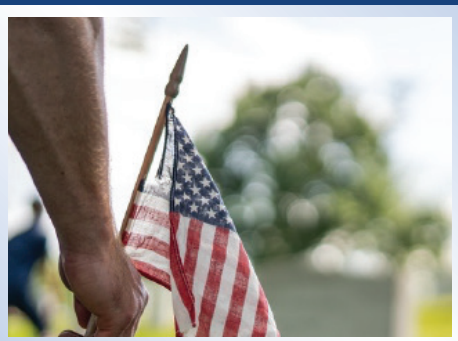
## DISCUSS...



1. What do you love about being in the Air Force?
2. What sacrifices have you made out of loyalty to the Air Force or your nation?
3. What makes you proud to be an American?
4. What other patriotic acts do you see taking place across our country by people not associated with the Armed Services?



**Connect. Detect. Protect. Equip.**



## Unite through Activity

**Patriotic Photo Scavenger Hunt -** Announce at the beginning of your next unit resilience day that members have one hour to search the installation for patriotic scenes. Members will take pictures and send their one best photo to a pre-designated judge. Participants can work in teams of two or on their own. The two people deemed to have submitted the best representation of Patriotism will be given a free day off (at leadership's discretion). After the announcement of the winners celebrate with a burger burn.



# Air Combat Command INTEGRATED RESILIENCE

SUPPORTING OUR TOTAL FORCE AIRMEN AND FAMILIES



## PREVENTION TAKES ACTION

Learn new skills to improve your well-being such as self-care and resilience, healthy relationships, meaningful connections, effective communication. Act in ways to show your family and Airmen that you care and they matter. Proactive behaviors can be small things that create a positive culture in mitigating risks.

## RECOGNIZE SIGNS OF DISTRESS

- Mood changes, such as depression or anxiety
- Irritability, agitation or anger
- Sleep difficulties
- Withdrawing from social activities, family, friends or others
- Lack of interest in activities that were previously enjoyed (hobbies, work, etc.)

## ASK CARE ESCORT

Directly **ASK** the individual if they are having thoughts of death, self-harm, or suicide.

**CARE** about their answers. If they hesitate, or seem uncertain, ask follow-up questions to convey that you care about their well-being.

If the individual is having thoughts of suicide or needs help, **ESCORT** them to a qualified professional or leadership.

## GO SLO

If someone demonstrates signs of distress, consider their access to **LETHAL** means including firearms, medications or other means of fatal methods. Airmen should remember **SLO** – use **SAFES**, **LOCKS** or store mean **OUTSIDE** of the home.

**SMALL STEPS SAVE LIVES.**  
[www.resilience.af.mil](http://www.resilience.af.mil)

HELPING RESOURCE	COMMANDER/ SUPERVISOR	MILITARY & FAMILY READINESS CENTER	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
<b>CONTACT:</b>							
<b>CAN ASSIST:</b>	All	All	Military and Family Members	All (full confidentiality)	Civ/NAF	Military	All
Suicidal Thoughts	✓		✓	✓	✓	✓	✓
Relationship Problems	✓	✓	✓	✓	✓	✓	
Loneliness/Isolation	✓	✓	✓	✓	✓	✓	
Workplace Stress or Problems	✓	✓	✓	✓	✓	✓	
Alcohol/Drugs	Must report to ADAPT			✓	✓	✓	
Fatigue/Sleep	✓		✓	✓	✓	✓	
Anxiety/Panic Depression	✓			✓	✓	✓	
Grief and Loss	✓	✓	✓	✓	✓	✓	
Deployment	✓	✓	✓	✓	✓	✓	
Finances/Budget	✓	✓	✓ (One Source)	✓	✓		
Retirement/Separation	✓	✓	✓	✓	✓	✓	

## ASK. CARE. ESCORT. QUESTIONS THAT CAN SAVE A LIFE

ANSWER QUESTIONS 1 AND 2	IN THE PAST MONTH	
	YES	NO
1. Have you wished you were dead or wished you could go to sleep and not wake up?		
2. Have you actually had any thoughts about killing yourself?		
IF YES TO #2, ANSWER QUESTIONS 3, 4, 5 AND 6. IF NO TO #2, GO DIRECTLY TO QUESTION 6		
3. Have you thought about how you might do this?		
4. Have you had any intention of acting on these thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?		
5. Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?		
ALWAYS ASK QUESTION 6	IN THE PAST 3 MONTHS	
6. Have you done anything, started to do anything, or prepared to do anything to end your life? Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.		

ANY **YES** MUST BE TAKEN SERIOUSLY. SEEK HELP FROM A FRIEND, CO-WORKER, CHAPLAIN AND INFORM YOUR SUPERVISOR/OTHER MEMBER IN YOUR CHAIN OF COMMAND AS SOON AS POSSIBLE

- If the answer to 4, 5 or 6 is **YES**, immediately **ESCORT** Wingman to the nearest Chaplain, Mental Health Provider, Unit Leader or Emergency Department.
- **DON'T LEAVE YOUR WINGMAN ALONE** even to go to the bathroom.
- **STAY ENGAGED** until you make a warm hand-off to someone who can help.

**MILITARY CRISIS LINE 1 (800) 273-8255 24/7 - 365**