



## ACC Bridge Chats – Mentally Fit Professionals

Link: <https://www.youtube.com/watch?v=BypmZktBFs&spfreload=10>  
(Time: 9:06 mins)

### *Introducing: Sangu Delle* (www.sdelle.com)

Sangu Delle, a native of Ghana, is an entrepreneur, author, activist for clean water initiatives and Chief Executive Officer at Africa Health Holdings. Sangu received a Bachelor's degree in African Studies and Economics from Harvard, a Master's in International Human Rights Law from the University of Oxford, an MBA from Harvard Business School, and a Juris Doctor of Law from Harvard Law. He also founded Harvard's Mental Health Alumni Group.



### *Synopsis*

In this discussion, Sangu dives into his Nigerian upbringing to address the stigma of mental illness. His personal story reminds us that speaking openly about mental health in the face of societal pressures to keep things bottled up is courageous and transformative. In his youth, Sangu's family home was used as a safe house for victims of violence from the neighboring countries of Sierra Leone and Liberia, giving him a greater understanding of human suffering. Listening to his experience reminds us that a lack of care can cause more trauma and suffering, and helps us appreciate the personal courage required to come forward and tell others in our closest circle when we're depressed, hurting, or sad.

### *Notes for Leaders/Facilitators*

The goal of this discussion is to identify and eliminate barriers to help seeking behavior within units and our AF. Send an email to your installation Violence Prevention Integrator (office symbol: CVI) with insights gained from your discussion. **Tell VPIs: Which protective factors are most commonly cited by members, and what actions can leaders/supervisors take to strengthen them?** Feedback will shape cross-functional lines of effort to reduce self-harm and improve outreach/education at all levels.

### *Team Questions*

1. What actions can any of us take to make it easier for our teammates to seek mental health care?
2. If you were struggling, where would you go for help?
3. How has the pandemic impacted your personal/professional life? (good/bad)
4. A sense of belonging is an important protective factor. What conditions must be present to build positive connections with others on or off-duty? Discuss ways to develop other protective factors.
5. Does anyone ever feel poorly equipped to help someone who's depressed or troubled?

Before wrapping up the chat, visit the **ACC Bridge** website to point out quick links to many Dept of Defense and USAF helping agencies and other topic specific resources available to everyone.

<https://www.acc.af.mil/About-Us/The-Bridge/>

**Rules of Engagement: (1) Keep discussions professional and on topic. (2) Remember we're all on the same team.** The goal of the conversation isn't for one person to be proven right or to "win" the argument. We're here to have conversations and learn from one another. **(3) Avoid making it personal.** Avoid name-calling, personal attacks, or questions like "How could you believe that?" Assume that everyone's intentions are good. **(4) Practice intellectual humility.** Respect everyone's viewpoints, and be open to changing your mind when necessary. **(5) Above all else... Demonstrate respect for human dignity!**