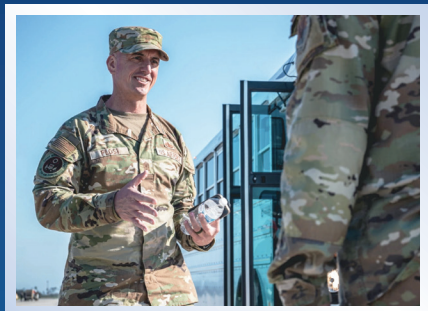




Create cohesive, high-performing teams that foster trust & connection through small group discussions.



## Unite through Activity

- ▶ Take time away from the office to bond with your co-workers. Consider organizing an outdoor hike at a local trail this month. This activity not only promotes physical wellness but also strengthens the bonds of trust within our community. By engaging with co-workers outside of work, we create a supportive environment where peer support and mentorship can thrive.

## Related Resources

- ▶ General Allvin emphasizes the need for Mission Ready Airmen within the Great Power Competition.  
<https://www.af.mil/Portals/1/documents/2024SAF/GPC/The Case for Change.pdf>
- ▶ The importance of recognizing when to seek help and the strength in reaching out for support.  
<https://www.350sw.af.mil/News/Display/Article/3543421/leadership-lessons-from-my-deathbed/>
- ▶ Preparedness for any challenge is significantly enhanced through shared knowledge and experience.  
[Mentoring the next generation of Airmen > Laughlin Air Force Base > Display \(af.mil\)](#)

## WHO'S GOT YOUR SIX? A COMMUNITY OF SUPPORT

No one should face their battles alone. The phrase "I got your six" is a powerful reminder that we are part of a larger, cohesive, purpose-driven community. Whether through our relationships with family and friends, peer support and mentorship, or through the wealth of services offered at our helping agencies, someone is available to assist. Leveraging these support networks can significantly enhance our ability to cope, overcome, and thrive.

Strength lies in our unity. A culture of support is a sign of that strength. By fostering a culture of support, we not only enhance our individual resilience but also fortify the bonds that make us a formidable team - always ready to complete the mission. As a supportive team, we notice things that may be out of character and speak up. When we see a fellow Airman with a rumpled looking uniform, or when we notice someone is not adhering to grooming standards, are we asking, "Are you okay?" Are we connecting them to the resources that provide help?

Focus on Standards: AFI 1-1, 2.6 "...Being a good wingman means taking care of fellow Airmen and taking action when signs of trouble or distress are observed, especially in situations where Airmen appear as if they are about to make a poor decision, are in despair, or show signs of hurting themselves or others..."

Being members of our great military requires us to be ready to face unique challenges that come along with the high-stakes nature of our duty to secure the nation such as long deployments and separation from loved ones. In the demanding and often unpredictable environment of military life, resilience is not just a quality—it is a necessity. To be "Mission Ready Airmen" we must address our mental, social, spiritual, and physical well-being and seek support sooner than later. Knowing, "Who's got your six?", equips us to hone our adaptive skills and remain resilient.

As we reflect on the power of strong support systems, let us consider how we can each contribute to and foster connections that create a stronger, more supportive military community—one where no one faces their battles alone. The answer to "Who's got your six?" is our entire Air and Space Force community. Together, let us embody the spirit of "I got your six" and ensure that we are there for each other every step of the way because "Mission Ready Airmen" are built out of trusted teams.

## DISCUSS...

1. How important is peer support in the military context?  
How does it differ from other forms of support?
2. How does peer support contribute to mission readiness?
3. In what ways does peer support impact mental health and resilience among military personnel?
4. How can you initiate or strengthen peer support networks within your organization?
5. Are there specific skills or training that we should receive to enhance our ability to provide effective peer support?



“The current strategic landscape demands adaptation to meet present and future challenges.”

– Gen David W. Allvin  
Chief of Staff of the Air Force

“Success takes help. Failure you can do alone. In order to be successful, we've got to work together.”

– General Charles Q. Brown, Jr.  
USAF





# 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**