



## Connectedness

Connectedness is a simple way, but often, an underestimated protective factor in preventing suicidal behavior. It involves positive relations between individuals (friends, family, neighbors, and co-workers; connectedness to community organizations (schools, faith communities, etc.); and groups (e.g. minority groups) to their cultural traditions or history. It's these strong associations, positive and supportive relationships, and community cohesion that are key protective factors that help buffer the effects of risk factors in people's lives. Being connected empowers us to seek help from others in times of distress and enables access to helping resources. To mitigate risks and failure, we all can play a role in supporting the development of relationships; in building positive attachments between families and leadership, the unit, or community organizations; in supporting peers; in implementing activities that promote proactive behaviors within your environment (at work or home) to strengthen connections. Everyone should be inspired by General Brown's encouragement to ask for help. Ask for help, give help, or inspire others to be someone's source of help; either way, make every connection count!

## Make Every Connection Count

### Getting the Conversation Started

**VIDEO:** <https://www.acc.af.mil/About-Us/The-Bridge/BRIDGE-CHATS/>

**"Success takes help, failure you can do alone. Don't be afraid to ask for help, we all need it at one time or another"**

- General Charles Q. Brown, Chief of Staff of the Air Force

### Suggested Discussion Questions ▶

1. What does connectedness mean to you both as a leader and an individual? How can it prevent suicide?
2. How do you model healthy coping strategies and how do you encourage help-seeking behaviors?
3. What impact do our words/actions have on help-seeking?
4. How are you encouraging your Airmen and Guardians to use ACE (Ask Care Escort)?
5. What is leadership's role in **SLO – Use Safes, Locks, or store lethal means Outside of the home?**
6. If you have dealt with postvention, please share what was helpful/not helpful.
7. In what ways can leaders provide postvention support?
8. How can postvention efforts lead to prevention of further suicides?
9. What is one thing you can do this week to support prevention/help-seeking? What action can you take to increase connectedness, belonging, and help-seeking?

### Facilitator Actions:

- Distribute to all participants the resource hand-out located in the Bridge Chat folder on The Bridge
- Encourage participants to complete the training evaluation by using the QR code or link below:



[http://usaf.az1.qualtrics.com/jfe/form/SV\\_cMRRZJbo](http://usaf.az1.qualtrics.com/jfe/form/SV_cMRRZJbo)

- Document training completion and send to your parent wing's VPI (WG/CVI)