

HAF “NO WRONG DOOR” CONCEPT

What is No Wrong Door?

- **The Framework** -- If an individual, couple, family or group has mustered up the courage and strength to come forward, whoever is on the receiving end will personally ensure they are connected to the people and services most appropriate across the DAF wide system of care and support.
- **Collaborative process** across helping agencies to ensure we take care of our people
- **DAF working definition** of No Wrong Door -- Warm Hand-off between service providers across the DAF wide continuum of care.
- **Warm hand-off** -- information and/or referral of care between two or more service providers with the goal to ensure connection to appropriate service.
- ***For individuals seeking services** for sexual assault, harassment or family violence an in-person hand off is required (per IRC recommendations and draft DoD guidance).
- **Co-location** is not currently required

DAF RESILIENCE



PROMOTE RESILIENCE

Practice self-care such as regular exercise, sufficient sleep, and relaxation time. Invest in resilience skills like balance your thinking, mindfulness, and looking for the good to manage stress.

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

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

CARE

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

ESCORT

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 to “go **SLO**” - use **S**afes, **L**ocks, or store means **O**utside the home.

SMALL STEPS SAVE LIVES.

www.resilience.af.mil

MILITARY CRISIS LINE: 1 (800) 273-8255

HELPING RESOURCE:	COMMANDER/ SUPERVISOR	AIRMAN & FAMILY READINESS CENTER	MILITARY ONESOURCE/ MILITARY FAMILY LIFE COUNSELOR (MFLC)	CHAPLAIN	CIVILIAN EMPLOYEE ASSISTANCE PROGRAM	MENTAL HEALTH (MH) CLINIC	EMERGENCY ROOM
Contact:							
CAN ASSIST:	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	✓	✓	✓ (OneSource)	✓	✓		
Retirement / Separation	✓	✓	✓	✓	✓	✓	