



U.S. AIR FORCE

Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

SELF

Stress Management
Physical Fitness
Mental Fitness
Spiritual Fitness
Financial Services
Wellness



FAMILY & FRIENDS

Spouses
Partners
Friends
Virtual Friends
Other Family Members
Mentors



PEER/SOCIAL CONNECTIONS

Religious Groups
Morale, Welfare, & Recreation
Shared Hobbies
Professional Organizations
Sports Teams
Clubs
Co-Workers



SUPPORT ENTITIES

Chaplains
Military & Family Readiness
Center
Military Family Life Consultant
Operational Support Team
Victim Advocates
Victims Counsel
Employee Assistance Program
Unit Leaders
First Sergeants
Military OneSource



CLINICAL MEDICAL HEALTH

TRICARE
Mental Health Clinic
Behavioral Health Counseling
ADAPT



We encourage **Airmen and their Families** to seek out the help needed at any level, and to be a support, help, or bridge for others across the full **Spectrum of Resilience**.

Go to <https://www.resilience.af.mil/>
for more information on the resources available to you and your family.

*Available resources may vary by installation.