



Behavioral

True North places licensed behavioral health experts in units to give Service Members direct access to coaching, education/training, and mental health care. True North providers belong to your unit, making them a teammate who understands your working environment and the daily demands of your mission. True North emphasizes early help-seeking behaviors as a key factor in optimizing your performance and enhancing unit readiness.

TRUE NORTH

Building Resilient Forces and Families



Spiritual

True North places Chaplains and Religious Affairs Airmen into organizations, giving Service Members and their families direct access to a Religious Support Team who cares for their spiritual fitness. True North RSTs provide confidential spiritual counseling to both the Service member and qualified dependents; they also collaborate with True North behavioral health providers to sponsor well family, single Airman, and other education and training events, helping Service Members and their families cope with the stressors of everyday life.



Testimonials

“This stuff works.”
– TN Airman

“True North is changing the culture.”
- TN Commander

“This is my dream social work job—I’m making a difference.” - TN Provider

“True North is helping mental health become more normal.”
– TN Airman

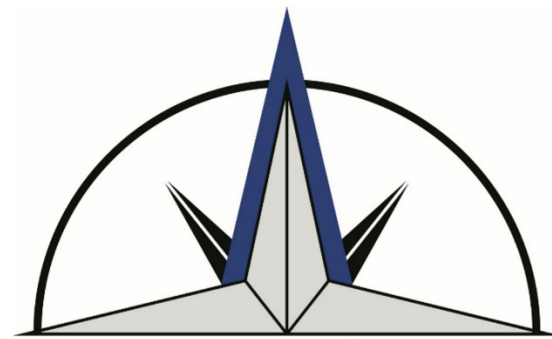


Learn More!



SCAN ME

Scan the QR Code with the camera app of your smart device to learn more about True North



TRUE NORTH

Building Resilient Forces & Families



Integrated  Resilience

**Air Force Personnel Center
Integrated Resilience
Operations Division**

**True North
Program Management Office**

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Placement & Access Builds Trust & Confidence

True North recognizes service and family members face challenges, adversity and difficult choices every day. When facing these issues without the coping skills necessary to deal with unique difficulties, personal welfare can be jeopardized.

True North provides Service Members and their families direct access to helping resources by placing Clinical Psychologists, Licensed Clinical Social Workers, Mental Health Technicians, Chaplains & Religious Affairs Airmen directly into their unit, as patch-wearing teammates with the same daily mission, working for the same unit commander, the program promotes trust in, and access to professionals who are trained to help effectively deal with the challenges we all may face.



True North's mission is to 1) engage forces and families early, before smaller problems turn into bigger ones; 2) change the culture ... promoting help-seeking behavior as an essential part of readiness and performance optimization; 3) provide easier access and greater familiarity with professionals whose mission is to help us when we need it.

True North providers can enhance a Service Member's ability to more effectively face challenges at work and home by helping them to identify their stressors and teaching them the coping skills needed in order to modify negative thoughts, emotions and behaviors.



With offices in our units, True North behavioral health providers personalize care, offering limited scope counseling in the workplace. They are also credentialed and privileged in the local military treatment facility (MTF), allowing them to provide a higher level of care in the MTF to help us with the tougher challenges as needed. This means we don't have to switch from provider to provider, re-telling our personal stories multiple times. They also provide information and education on healthy sleep habits, relationship building, communication, anger management and much more.

True North delivers additional options to help us. Our religious support teams provide *confidential* spiritual counseling to both Service Members and their families. They also provide unit ministry and religious programs to equip us with the skills to remain spiritually fit. Unit ministry reaches beyond the Chapel to facilitate spiritual care in unique and creative ways directly in our work centers. Religious support teams host various family and singles events, creating opportunities to strengthen our relationships with one another. We are in this together, and True North is here to ensure we never have to face adversity alone.

