

If a Wingman is in distress...



Ask your wingman

- "Are you thinking of killing yourself?"

Care for your wingman

- Stay calm, do not use force, be safe!
- Actively listen to show understanding
- Remove anything that could be used for self-injury

Escort your wingman

- Never leave your wingman alone
- Escort to someone in chain of command, Chaplain, mental health professional or primary care provider

Additional Suicide Prevention Resources:

Nat'l Suicide Prevention Line: 1-800-273-TALK

Georgia Mobile Crisis Line: 1-800-715-4225

Veteran's Crisis Line: 1-800-273-8255



Yes, we can help ... **Robins AFB Resources**

ADAPT	327-8398
Amn & Family Readiness Center	926-1256
Chapel	926-2821
Civilian On-Call Clergy	352-1190
Civilian Health Promotion Services	327-8030
Civilian Personnel Office	222-0601
Command Post	327-2612
Drug Testing Program Manager	327-8408
Employee Assistance Program	866-580-9078
Equal Opportunity Office	926-2131
Family Advocacy Program	327-8398
Health and Wellness Center	327-8480
Labor-Mgt Help Line	222-2031
Legal Assistance	926-9276
78th Medical Group & BHOP	327-7850
Mental Health	327-8398
Military & Family Life Consultant	501-0730
Military One Source	800-342-9647
Occupational Medicine Services	327-7590
Sexual Assault Response Coor	327-7272
Security Forces: 911 (Emergency)	926-2187
116th Director of Psych Health	201-1328

Resources for:

Military=Blue Civilians=Red Both=Black