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

I MATTER
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