National Suicide Prevention Lifeline .....800-273-8255
National Crisis Text Line ....Text: CONNECT to 741741
Employee Assistance Program (EAP) ....800-222-0364
Rome Hospital ER ................................ 315-338-7035
Faxton/St. Luke’s ER (Utica) ............. 315-624-6112
St. Elizabeth’s ER (Utica) .............. 315-798-8111
Upstate Medical Center ER (Syr) .... 315-464-5611
Crouse Hospital ER (Syr) .............. 315-470-7111
Onondaga County ......................... 315-251-0600
Cayuga County .............................. 877-400-8740
Mobile Crisis Assessment Team ...... 315-732-6228
MCAT (Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango counties)
EADS Chaplin ................................. 315-334-6015
Hanscom AFB Chaplin.................... 781-225-5501
HAFB Chaplin After Hours ............. 781-225-6960
Military Helpline ............................. 888-457-4838
   Text: MIL1 to 839863
Military One Source ....................... 800-342-9647
OCONUS Collect ............................ 484-530-5913
211 Helpline .................................. 800-346-2211

REMEMBER A.C.E.
ASK • CARE • ESCORT
FOR THEM
Signs Wingmen Should Know/Look For:
Current/pending disciplinary or legal action (see Investigative Handoff and Limited Privilege Suicide Prevention program) • Relationship problems • Substance abuse • Financial problems • Work-related problems • Transitions (retirement, PCS, separation from service, etc.) • A serious medical problem, such as chronic pain or terminal illness • Significant loss, such as through death or divorce • Setbacks (academic, career, or personal) • Stress that is severe, prolonged, and/or that a person thinks they cannot manage • A sense of powerlessness, helplessness, and/or hopelessness • A sense of being a burden to others • Presence of a weapon in the home • History of previous suicide attempts or self-injurious behavior such as cutting or burning.
Recognizing Distress - Changes may be exhibited in one or more of the following:
Mood • Concentration • Sleep • Energy • Appetite • Substance use • Impulse control • Reduced capacity for enjoyment • Helplessness or hopelessness • Peer relations (withdrawal or arguments) • Work performance • Military bearing • Personal hygiene and grooming • Ineffective problem solving • An inability to see a future without pain • A view of themselves as worthless or burdensome to others • An absence of control over their life or life circumstances • Feeling alone • Excessive guilt or shame • An inability to stop negative thinking • Pessimism and a belief that there is no solution to life’s problems • Constant/frequent thoughts about death, dying, and/or weapons • Challenging people in an aggressive manner • Giving away possessions • Excessive sorrow for past behaviors.
If you notice these signs in your wingman ask questions, get them talking: How are you feeling? What is happening? How can I help?

FOR YOU
If you feel your mental health is stressed ask for help. Asking for help is not a sign of weakness, but a declaration of humanity.
Will asking for help affect my career? Never. Any questions about counseling relating to your employment does not identify you as weak or incapable. In fact, it shows the opposite! Your awareness and willingness to ask for help where your mental health is concerned is always considered a strength.
What will people say? If they are your wingman they will say “How can I help”.
If you need a wingman, you’ve got an Air Force full of them.

Integrity First • Service Before Self • & Excellence In All We Do