

Recommended General Actions to Assist Personnel in Distress

WINGMAN	COMMAND
<ul style="list-style-type: none"> <input type="checkbox"/> Maintain situational awareness of the environment and personnel around them. <input type="checkbox"/> Recognize situations that represent risk (i.e., potential stressors) and individuals who are displaying indications of distress. <input type="checkbox"/> Inform others, including those in leadership positions, when potential stressors or distressed individuals are identified. <input type="checkbox"/> Actively take steps to mitigate potential stressors or assist distressed personnel. <ul style="list-style-type: none"> <input type="checkbox"/> Talk to someone who appears to be distressed. <input type="checkbox"/> Understand their situation and needs. <input type="checkbox"/> Help them access appropriate helping resources. <input type="checkbox"/> Maintain vigilance with regard to the potential stressor or distressed person to ensure that the issue has been resolved. <input type="checkbox"/> Promote the idea that seeking assistance is an indication of strength. <input type="checkbox"/> Educate personnel regarding topics in distress such as the nature and impact of stressors. <input type="checkbox"/> Ensure all personnel are aware of the availability of helping resources. Recommend the use of helping resources. <input type="checkbox"/> Create a unit climate that encourages help seeking behavior and regards it as an indication of strength and resilience (i.e., reduces stigma). <input type="checkbox"/> Create a unit climate that encourages 	<ul style="list-style-type: none"> <input type="checkbox"/> Ensure adherence to Air Force and DoD policies that are intended to promote safety, improve health and reduce distress among personnel. <input type="checkbox"/> Adjust unit policies to mitigate potentially distressing situations or assist distressed personnel. <input type="checkbox"/> Consider duty changes to ensure safety for individuals and proper custodianship of government material resources. <input type="checkbox"/> Consider restricting access to government and personal firearms as appropriate. <input type="checkbox"/> Consider information you may receive from coworkers and/or family members who express concerns about the emotional state of the individual. <input type="checkbox"/> Ensure personnel are aware of, and encourage voluntary use of, helping resources. <input type="checkbox"/> Facilitate attendance at appointments with helping resources. <input type="checkbox"/> Recruit unit and community support for personnel who are in need. <input type="checkbox"/> Remember that an individual's difficulties can impact their entire family unit. Assess for negative impact on the family and engage support as appropriate. <input type="checkbox"/> Connect distressed personnel with appropriate helping resources and coordinating action among the unit, helping agencies and the distressed individual. <input type="checkbox"/> Request a Command Directed Evaluation as appropriate.

communication in all directions.

- Connect distressed personnel with appropriate helping resources.
- Remain vigilant for unhealthy coping mechanism such as use of alcohol or drugs.
- Maintain awareness of the individual's status even after the initial period of adjustment has passed.
- Promote the use of Self-Care skills.
- Use BASIC Peer Support skills to assist others.

- Refer members to the Family Advocacy and Alcohol and Drug Abuse Prevention and Treatment programs as appropriate.