



DEPARTMENT OF THE AIR FORCE  
OFFICE OF THE CHIEF OF STAFF  
UNITED STATES AIR FORCE  
WASHINGTON DC 20330

AUG 6 2012

MEMORANDUM FOR ALMAJCOM/FOA/DRU

FROM: HQ USAF/CV  
1670 Air Force Pentagon  
Washington, DC 20330-1670


SUBJECT: Airman's Guide for Assisting Personnel in Distress

People are our Air Force's most important asset. When an Airman is in distress, the Air Force's ability to accomplish the mission is compromised. Our wingman culture encourages all Air Force community members to be vigilant for signs of distress or problems in themselves and their fellow Airmen, and to take swift action when those signs are apparent. Our wingman culture is a 24/7/365 responsibility.

Last year the Air Force Community Action Information Board directed all units to conduct regular Wingman Days (annually for traditional Reservists and Guardsmen, semiannually for Active Duty members) to focus on resilience and to encourage Airmen to get to know one another better. As a result, a variety of Wingman Day topics and materials were made available on the Air Force Portal.

I am pleased to announce the release of a new web-based tool designed to help all Airmen perform their wingman responsibilities. The Airman's Guide for Assisting Personnel in Distress provides wingmen with vital information about the wide range of challenges, indications of distress, recommended supportive action by peers and leaders, and links and contacts for additional resources. The tool facilitates leader involvement and can help resolve potentially volatile situations. The guide is not intended to replace consultation with experts regarding specific cases. However, it is a useful resource for identifying concerning circumstances and knowing how to respond. I strongly encourage all Airmen to become familiar with this guide and to use it whenever an Airman might need help. The web-based tool is accessible at <http://airforcemedicine.afms.mil/airmansguide>.

My point of contact for this is Lt Col Robert Vanecek, Chief, Behavioral Health Optimization Program, (210) 395-9295 (DSN 969) or [robert.vanecek@us.af.mil](mailto:robert.vanecek@us.af.mil).

  
LARRY O. SPENCER  
General, USAF  
Vice Chief of Staff