



UNITED STATES AIR FORCE

SUICIDE PREVENTION

Helping Agencies and Resources

Helping agencies and resources are individuals, groups, organizations and institutions that specialize in offering immediate and/or long-term assistance to people in need or distress. Some common helping agencies and resources are:

Base-specific Helping Agencies and Resources

- Emergency Room
- Family and Close Friends
- First Sergeants and Commanders
- Supervisors and Co-workers
- Wingman Advocates
- Chaplains, for fully confidential support
- Airman and Family Readiness Center
- Family Advocacy Program
- Mental Health Clinic
- Health and Wellness Centers
- Substance abuse clinic or Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program
- Employee Assistance Program (EAP)

For a complete list of base-specific helping agencies and resources, contact your Integrated Delivery System point of contact.

Additional Helping Agencies and Resources

- Suicide Prevention Hotlines at
1 (800) 273-TALK (8255)
24 hours a day | 7 days a week
- Suicide Prevention Online Chat
<http://www.veteranscrisisline.net/ChatTermsOfService.aspx>
- Spiritual Advisor
- Counseling Services
- Couples Groups
- Parenting Groups
- Support Groups
- Infant and Toddler Play Groups
- Financial Counseling
- Employment Assistance

- Life-skills Groups (stress management, depression, anxiety, anger management)
- Workshops (conflict resolution, dealing with difficult people, etc.)
- Respite Care
- Primary Care Physician or Clinic
- Occupational Medicine Clinic
- Air Force Suicide Prevention Web Site at <http://afspp.afms.mil>
- Suicide Prevention Web Site at www.suicidepreventionlifeline.org/