

**“We have a responsibility to our active duty members and their families to provide a safety net of support services that ensures a healthy and fit force and assistance to those in need. This is the foundation underlying the Air Force Suicide Prevention Program. Now more than ever, we need to remind ourselves that our Air Force is only as strong as those who serve.”**

**General John Jumper  
Air Force Chief of Staff**

Suicide awareness briefings are given annually and can help in the prevention of suicide.

To see these briefings and other information related to prevention of suicide go to:

<https://phsd.afms.mil/phso/toolkits/suprev>



## PHONE RESOURCE GUIDE

LIFE SKILLS SUPPORT  
PHONE

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FAMILY SUPPORT  
PHONE

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FAMILY ADVOCACY  
PHONE

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CHAPLAIN  
PHONE

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Suicide Prevention Program  
Manager:  
Lt Col Rick Campise  
DSN: 297-4285 or (202) 767-4285  
Rick.campise@pentagon.af.mil



# COMMUNITY SUICIDE AWARENESS EDUCATION

LINKING THE MEMBERS  
OF OUR AIR FORCE  
COMMUNITY



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# C.A.R.E.

FOR YOURSELF  
AND  
OTHERS

**C**ommunity and  
Individual Capacity

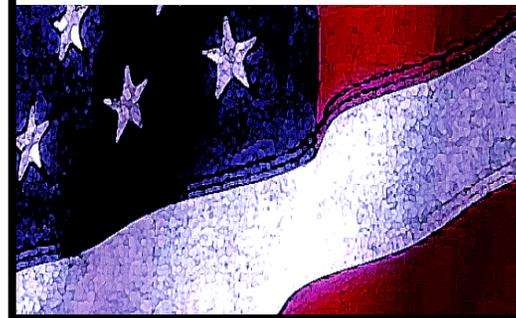
**A**wareness of  
Protective and  
Modifiable Risk  
Factors

**R**esilience, Health  
Promotion, and  
Early Help-Seeking

**E**ngagement of  
Peers, Supervisors  
and Leaders



**A HEALTHY AND  
FIT FORCE  
INCREASES  
RESILIENCY TO  
OVERCOME  
ADVERSITY**



**PREVENTING SUICIDES  
IS EVERYONE'S  
RESPONSIBILITY**

## EARLY SIGNS OF DISTRESS

- Not enjoying activities
- Not feeling confident
- Trouble falling asleep
- Sleeping too much
- Becoming easily frustrated
- Tearfulness
- Feeling Restless
- Less energy
- Feeling tired
- Bummed out or sad
- Drinking or smoking more
- Eating more than usual
- Feeling rundown

## WHAT YOU CAN DO

- Request help early
- Do not fear seeking help
- Watch out for others
- If someone you know talks about suicide, steer them to help
- If people are concerned about you listen to what they have to say