

Ways to Start a Conversation about Suicide:

- I have been feeling concerned about you lately.
- Recently, I've noticed some differences in you and wondered how you are doing.
- I wanted to check in with you because you haven't seemed yourself lately.

Questions You Can Ask:

- When did you start feeling like this?
- Did something happen that made you start feeling this way?
- How can I best support you right now?
- Have you thought about getting help?
- Are you thinking about hurting yourself?/Are you having thoughts of suicide?

What can you say that helps:

- You are not alone in this. I'm here for you.
- You may not believe it now, but the way you're feeling will change. Until then, let me help you.
- I may not be able to understand exactly how you feel, but I care about you and want to help.

DON'T argue, promise confidentiality, try to "fix" their problems, act shocked or make them justify their suicidal feelings.

DO Be Yourself. Let the person know you care and that they are not alone. **Listen. Be Sympathetic, Non-Judgmental, Patient. Offer Hope.** Reassure the person that help is available.

Base and Community Resources

Mental Health 937-257-6877
EAP 800-222-0364
MFLC 937-716-6720
Chaplain 937-257-7427
Military One Source
800-342-9647

Dayton Suicide Prevention

937-229-7777

Samaritan CrisisCare

937-224-4646

National Suicide Hotline

800-273-8255

Security Forces Law Enforcement Desk

937-257-6516 or 6517

Community Support Coordinator

937-257-6442

Crisis Response Quick Reference



WPAFB Mental Health and
Installation Helping Agencies



Civilian Threat Management Supervisory Assessment Tips

MOST CRITICAL — Overt Act or Threat of Violence. **DANGER** is viewed as **IMMEDIATE**.

ACTIONS:

- Call 9-1-1 and advise SECURITY FORCES of situation at 257-9111 or 257-6516/17. Provide Name, Location, and Situation.
- Transport to ER immediately for evaluation.
- Notify EMR SPECIALIST at 257-2411.
- All final return-to-duty determinations will be handled by Occupational Medicine.

CRITICAL—No Overt Actions. Bizarre behavior or change(s) in mood. Suicidal comments or fear employee may engage in overt act.

ACTIONS:

- Call EMR Specialist at 257-2411.
- EMR will advise on options for assistance through Occupational Medicine.
- If ER required, Occupational Health will consult with Mental Health and ER.
- If ER required, transport employee to ER.; call first if after hours, 257-0700.
- Mental Health will meet employee at ER for processing and evaluation.
- Employee may not return to duty until cleared by Occupational Medicine.

LOW RISK: Short verbal outburst/anger. No overt actions, threats or suicidal comments.

ACTIONS:

- Contact EMR for advice and options.
- Contact Employee Assistance Program at 937-656-5388 or 1-800-222-0364.

KEEP EMR INFORMED ON ALL STEPS

Military Threat Management Supervisory Assessment Tips

MOST CRITICAL — Overt Act or Threat of Violence. **DANGER** is viewed as **IMMEDIATE**.

ACTIONS:

- Call 9-1-1 and advise SECURITY FORCES of situation at 257-9111 or 257-6516/17. Provide Name, Location, and Situation.
- Transport to ER immediately for evaluation.
- Notify chain-of-command and advise them of situation.

CRITICAL—No Overt Actions. Bizarre behavior or change(s) in mood. Suicidal comments or fear employee may engage in overt act.

ACTIONS:

- Speak with member and discuss situation/intent.
- Contact Mental Health for guidance at 257-6877.
- If ER required, Mental Health will meet member at ER for processing and evaluation.
- Notify Member's chain-of-command.

LOW RISK: Short verbal outburst/anger. No overt actions, threats or suicidal comments.

ACTIONS:

- Speak with member and discuss situation/intent.
- Contact Mental Health for advice and options.
- Contact Military Family Life Consultants (MFLC) at 937-257-9592.
- Notify Unit CC/1st Sgt.

Additional Resources:

Chaplain:	257-7427
MilitaryOneSource.com	800-342-9647

Contractor Threat Management Supervisory Assessment Tips

MOST CRITICAL — Overt Act or Threat of Violence. **DANGER** is viewed as **IMMEDIATE**.

ACTIONS:

- Call 9-1-1 and advise SECURITY FORCES of situation at 257-9111 or 257-6516/17. Provide Name, Location, and Situation.
- Transport to ER immediately for evaluation.

CRITICAL—No Overt Actions. Bizarre behavior or change(s) in mood. Suicidal comments or fear employee may engage in overt act. **AND LOW RISK:** Short verbal outburst/anger. No overt actions, threats or suicidal comments.

ACTIONS:

- For **Critical** and **Low Risk** situations, contact the Contract Lead for personnel of concern. The Contract Lead will liaise with contractor company to determine risk assessment, corporate resources available, and way forward.
- Contact EMR Specialist at 257-2411 for advise and options.

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For Any Personnel in Crisis, **IF ASSISTANCE IS REFUSED AND SITUATION IS DEEMED CRITICAL:**

- If personnel refuses assistance and situation is out of control, contact Security Forces at 257-9111.
- Call EMR and Emergency Point of Contact (POC) noted in the 971 Supervisory/Employee Work Folder.
- Express concern to POC and request pick up from location.
- Order Employee to return to duty through Occupational Medicine. Employee must provide medical documentation to return to work.

KEEP EMR INFORMED ON ALL STEPS.

Civilian Health Promotions Services (CHPS)

A Partnership between AFMC and Federal Occupational Health, CHPS offers free resources to help individuals improve their health and well-being.

- Free cardiac risk profile for DoD civilians annually (cholesterol, blood sugar, BMI & blood pressure)
- Educational classes on Prevention & Management of Health Concerns
- Stress & Weight Management Classes

Location: Bldg 571, Area B

Phone: 904-9359

www.afmcwellness.com



ALL CLASSES ARE OPEN TO MILITARY AND CIVILIAN

Employee Assistance Program (EAP)

EAP provides no-charge services to Civilian, NAF, and their families.

- Counseling, Consultation, Referral
- Legal and Financial Services
- Voluntary, Confidential
- Consultation for Supervisors/Managers

Location: Bldg 57, Area B

Phone: 800-222-0364 TTY 888-262-7848

<http://www.FOH4You.com>

Health Promotions (HP)

Health Promotions is open to all base personnel and provides classes on topics relating to Nutrition, Exercise, Stress Management, Cooking and Tobacco Cessation. Preregistration is required for all classes.

Location: Bldg 571, Area B

Phone: 904-WELL (9355)

<http://wpmc1.wpafb.af.mil/pages/hawc>



Military Family Life Consultants (MFLC)

The MFLC program provides non-medical short-term, situational problem-solving counseling services to address issues that occur across the military lifestyle. MFLCs provide outreach services that expand capabilities and bridge with other services on and off base. The program is free and totally anonymous with no records kept relating to individual's use of services.

Location: Bldg 2, Area A

Phone: Adult: 937-716-6720

Child: 937-716-6488

Psychological Health Advocacy Program (PHAP)

PHAP is a free and confidential resource referral service for Air Force Reservists and their families that provides support for a broad variety of needs such as financial management, deployment concerns, employment assistance, and mental health issues. PHAP also provides support for leadership in accordance with AFRC guidelines.

Location: Bldg 4014, Rm 121

Phone: 937-257-2396

Jennifer.Wedel.ctr@wpafb.af.mil

Community Support Coordinator (CSC)

The CSC is available to organizations and individuals to help Airmen and their families withstand, recover from and grow through comprehensive, focused health and wellness initiatives and support.

- Resource information and support from IDS Helping Agencies to include work-site briefers
- Guidance and Referral to leadership on quality of life and resilience topics
- Master Resilience Trainer (MRT) Resilience Training Assistants (RTA) training
- Organizational Consults

Location: Bldg 10, Area A, Room 206]

Phone: 937-257-6442

Danna.Plewe@wpafb.af.mil

Stay Connected

- **Website:** www.wpafb.af.mil/units/IDS/index.asp
- **Facebook:** www.facebook.com/WPAFB
- **Twitter:** @WrightPattAFB



The Right Resources for Wright-Patt

Comprehensive Airmen Fitness is an overarching philosophy for taking care of people across the four pillars of fitness (physical, social, mental, spiritual) to improve well-being, enhance life balance, and strengthen personal and organizational resilience in Airmen and their families. Your IDS delivers family services, education, and prevention activities promoting health and resilience supporting the WPAFB Community.



IDS Vision

Provide a comprehensive, resilient culture of caring for the people at Wright-Patterson Air Force Base

IDS Mission

Integrate helping agencies to deliver responsive support and services through proactive, comprehensive and coordinated programs and services

IDS Member Agencies

Airmen & Family Readiness Center (A&FRC)
Alcohol & Drug Abuse Prevention Treatment (ADAPT)
Chaplin Corps
Civilian Health Promotions Services (CHPS)
Community Support Coordinator (CSC)
Employee Assistance Program (EAP)
Equal Opportunity (EO)
Family Advocacy Program
Health and Wellness Center (HAWC)
Mental Health Clinic
Military Family Life Consultants (MFLC)
Sexual Assault Response Coordinator (SARC)
School Liaison Officer (SLO)

Questions and Information:

Contact Danna Plewe

Danna.Plewe@wpafb.af.mil

937-257-6442

The Right Resources for Wright-Patt

Airman & Family Readiness Center (A&FRC)

The A&FRC provides the following services to DoD personnel and their families:

- Air Force Aid Society (AFAS)
- Employment Assistance
- Personal and Family Life Education
- Personal and Family Readiness
- Relocation Assistance
- Volunteer Resources
- Wounded Warrior Project
- Child and Youth Programs
- Exceptional Family Member Program (EFMP)



Location: Bldg 2, Area A
Phone: 257-3592

Base Education and Training

Education and Training develops the WPAFB workforce for current and future assignments, providing support to both military and civilians through:

- Organizational consultations to assess and provide resources to meet Air Force institutional competency training needs
- Academic/Vocational Advising/Training Programs
- Educational/Military Testing/ Competency-Based Training

Location: Bldg 50, Area B
Phone: 937-904-4801

School Liaison Officer (SLO)

The SLO promotes communication between local K-12 schools, military families, installation and surrounding communities to achieve academic success for military children.

- Enable smooth school transitions
- Develop/Maintain a home-school database
- Provide training about educational resources

Location: Bldg 2, Area A, Room 239
Phone: 937-656-0942
Andrea.Attaway-Young@wpafb.af.mil

Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program *

- Substance Abuse Assessments
- Individual, Group and Family Treatments
- Substance Abuse Prevention & Education

Phone: 257-4121
<https://129.52.34.193/workcenters/adapt/index.htm>

Mental Health Clinic (MHC) *

The MHC offers outpatient behavioral health care to all TRICARE-eligible beneficiaries. Services offered include individual counseling, medication services, educational classes and child/teen services.

The Resilience Element provides Suicide Prevention Briefings and other community consultation and prevention services.

Phone: 937-257-6876 or 937-257-6877
<http://wpmc1.wpafb.af.mil/pages/p-guide/lifeskills.asp>

Family Advocacy Program (FAP) *

- Maltreatment Program
- Special Needs Identification and Assignment Coordination Process
- Outreach and Prevention Programs
- New Parents Support Program
- Child Abuse and Neglect Awareness Training
- Victim Advocate Services for Adults

Phone: 937-257-6429 or 937-257-4608
After Hours/ER: 937-257-3203
<http://wpmc1.wpafb.af.mil/pages/fap>

All Mental Health/Family Advocacy/ADAPT programs are co-located at 4881 Sugar Maple Drive (Med Group Trailers) and available to TRICARE-eligible beneficiaries.

Sexual Assault Response Coordinator (SARC)

The SARC serves as the single point-of-contact for integrating and coordinating sexual assault victim care for Wright-Patt personnel, offering victim advocate support, liaison service, and care for survivors as well as information on reporting options (restricted/unrestricted)

Location: Bldg 2, Area A (Civilian Personnel Entrance)
Phone: 937-257-SARC (7272) Available 24/7
After-Duty/Alternate Phone: 937-689-2154 Avail 24/7
<http://www.wpafb.af.mil/units/sarc/index.asp>

Equal Opportunity (EO)

The EO offers the following services for all DoD personnel, active duty members, Retirees, and their families.

- Human Relations Training and Assessment
- Complaint clarification regarding unlawful discrimination and sexual harassment
- Referral Assistance for non-EO related complaints

Location: Bldg 70, Area A
Phone: 937-257-5028
<http://www.opportunity.wpafb.af.mil>

Chaplain Corps (HC)

The Chapel has the following programs for DoD personnel and their families.

- Worship Services, Religious Education, Youth and Women's Groups (Catholic and Protestant), Men's Group (Protestant)
- Pastoral Counseling
- Vacation Bible School
- Military Marriage Seminars and Singles Retreats

Location: Chapel 1/Area C; Chapel 2/Kittyhawk; Chapel 3/Prairies; Marriage Center/Bldg 830
Phone: 937-257-7427
88abw.hc@wpafb.af.mil