

Having a Wingman Helps Prevent Suicide



Fostering a Wingman Culture

- Talk about stresses in each other's lives
- Educate through available resources and training
- Promote communication and team building among co-workers, sections, and within collective unit



HELPING AGENCY RESOURCES

HELPING AGENCY	PHONE NUMBER
Chaplain	623-856-6211
Military One Source	800-342-9647
Suicide Prevention Crisis Line	800-273-8255 option 1, or 988
Mental Health Clinic	623-856-7579
Military and Family Life Consultant (MFLC)	623-759-0094
SAPR/Sexual Assault	623-856-4878
Family Advocacy Program	623-856-4183
New Parent Support Program	623-856-2110
Substance Abuse Education & Treatment (ADAPT)	623-856-7579
Employee Assistance Program	866-580-9078
Equal Opportunity (EO)	623-856-7711
EFMP-Family Support	623-856-6426/6840
Military and Family Readiness Center (MFRC)	623-856-6550

Integrated Resilience Office
Bldg. 465
623-856-9031/9032

