



APPENDIX B: PROTECTIVE FACTORS, RISK FACTORS, AND WARNING SIGNS

Protective Factors are an element of Resilience and Suicide Prevention. These factors can help protect an Airman against distress. They include:

- Positive relationships
 - ✓ Family, friends, coworkers, and Wingmen
 - ✓ Sense of belonging
- Coping Skills
 - ✓ Effective problem solving
 - ✓ Seeking help, consultation, or mentorship early
- Positive thoughts/beliefs
 - ✓ Focus on the future
 - ✓ Feeling that you have control of that future
 - ✓ Belief that things will get better when they are going wrong
 - ✓ Religious/spiritual beliefs

Risk Factors, or sources of distress, can be internal or external events, situations, and behaviors that may increase the risk for suicide. Sources of distress may or may not be visible to others and are associated with things that are going on with the person. Some of the most common Risk Factors for suicide are:

- ✓ Relationship problems
- ✓ Loss of a loved one
- ✓ Lack of social support
- ✓ Legal problems
- ✓ Financial difficulties or challenges
- ✓ Health concerns or chronic pain
- ✓ Severe, prolonged, or unmanageable stress
- ✓ Work difficulties
- ✓ Setbacks or failures
- ✓ Feelings of hopelessness
- ✓ Alcoholism or drug misuse
- ✓ Depression or anxiety

Warning Signs are often accompanied by sudden and unexplained changes in mood or behavior. These signs of distress can vary significantly from person to person. Some of the most common Warning Signs for suicide are:

- ✓ Significant mood changes, such as depression or anxiety
- ✓ Irritability, agitation, or anger
- ✓ Expressed feelings of hopelessness or helplessness
- ✓ Feeling like a burden to others
- ✓ Isolating from friends, family, or coworkers



- ✓ Lack of interest in activities that were previously enjoyed
- ✓ Significantly diminished or changed job performance
- ✓ Acting recklessly or impulsively or a lack of impulse-control
- ✓ Unexpected changes in behavior
- ✓ Changes in sleep patterns (too little or toomuch)
- ✓ Changes in alcohol use or the abuse of drugs



APPENDIX C: RESOURCES

UNIT AND LOCAL RESOURCES	
RESOURCE	TELEPHONE NUMBER
Commander	
Supervisor	
1 st Sergeant	
Violence Prevention Integrator	
Mental Health Clinic	
Chaplain Service	
Military Family Life Counselor	
Sexual Assault Response Program	
Airman and Family Readiness Centers	
Primary Care Clinics	
Family Advocacy	
Alcohol and Drug Abuse Prevention and Treatment Program	
Health and Wellness Center	
Air Force Survivor Assistance Program	
Air Force Wounded Warrior Program	
Child and Youth Services – Family Member Services	
Area Defense Counsel	
Behavioral Health Optimization Program	
Equal Opportunity	
Exceptional Family Member Program	
Inspector General	
Installation Legal Office	
Installation Safety Office	
Special Victims' Counsel	



NATIONAL RESOURCES	
RESOURCE	TELEPHONE NUMBER
Military Crisis Line	1-800-273-8255, Press 1
American Red Cross	1-877-272-7337
Military OneSource	1-800-342-9647