Dear Spouse/Family Member,

As you may know, the Air Force experienced a significant increase in our suicide rate over the last two years. Losing an Airman or family member to suicide is a tragedy that creates a devastating ripple effect in our community reaching far and wide. As spouses, we have an opportunity to make a difference where the need is most immediate. Today, we are reaching out and asking you to join our cause to help reduce suicide risk across the Air Force and in our communities. We simply can’t do this without you.

Air Force experts have learned that Airmen are more willing to talk to an intimate partner, friend, or family member about their problems than they are to reach out to a helping agency. Evidence also suggests that it can be more difficult to conceal emotional distress from loved ones. These factors make you, as a spouse/family member, a crucial partner in our fight to end suicide and save lives. With this in mind, we have developed a new suicide prevention training geared toward you specifically (<https://www.resilience.af.mil/Programs/Equipping-Families/>).

The training will build and strengthen your skills in prevention, intervening when something concerns you, and suggestions for next steps when someone you know or love is at imminent risk of harm. The video was created to be shown in either small group discussions or to a single viewer. There is a discussion guide along with handouts on the website provided above.

We appreciate your partnership and commitment to helping us save lives. We know that together we are stronger and we will make it less likely another Airman or family member considers suicide as an option.

\*Please note that computers on installations or at DoD facilities may prevent the training videos to load due to firewalls.  But the modules should work on personal computers or laptops not connected through a VPN.

Respectfully,

(Key Spouse Signature line here)

#Connecttoprotect #Bethere