

Air National Guard Self-Referral Policy Weighing the Options



Career Confidentiality Mission

We Support You!

Asking for help is not a sign of weakness; it's a sign of strength.



If I seek help:

My Commander will grant me limited protection and not use voluntary disclosure against me.

I will be able to maintain my commitment to duty, honor, courage, and service to my country while getting the help I need.

If I don't seek help:

I risk receiving adverse action from my commander such as: loss of rank and loss of pay.

I risk testing positive on the random drug screen and being processed for discharge as well as losing any security clearances I have obtained.

My illness continues to progress, putting my entire unit and the mission at risk.

Airmen Ethos:

I am an American Airman.

Wingman, Leader, Warrior.

I will never leave an Airman behind,

I will never falter,

And I will not fail.

Contact your Commander or
Prevention Coordinator today:

Name: _____

Telephone: _____

Email: _____

Name: _____

Telephone: _____

Email: _____

OR

Suicide Prevention Hotline/

Veteran's Crisis Line

1-800-273-TALK (8255), then press 1.