

# Army National Guard Limited Use Policy Weighing the Options



Career Confidentiality Mission

**We Support You!**

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

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## If I seek help:

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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.

\*Limited Use Policy applies to Self Referrals only, not Commander or Positive Referrals (AR 600-85; AR 135-178)

## If I don't seek help:

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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.

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## **Warrior Ethos:**

**I will always place mission first.**

**I will never accept defeat.**

**I will never quit.**

**I will never leave a fallen comrade.**

**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.**