

TEAM V



SEXUAL ASSAULT PREVENTION AND RESPONSE



Sexual Assault Response Coordinators, or SARCs, and Victim Advocates are available at major DoD installations to assist victims and survivors of sexual assault.

The Vandenberg Air Force Base SARC serves as the single point of contact for integrating and coordinating sexual assault victim and survivors' care 24/7, 365 days a year.

Airmen Against Drunk Driving

HEROES ON CALL

605- or 606-AADD



Hours:
FRI, SAT, & HOLIDAYS
2100 - 0300

On call pick ups
Serving VAFB, Lompoc, & Santa Maria
Communities



Airman & Family Readiness Center - 606-0039
American Red Cross - 605-0042
Chaplain Services - 606-5773
Command Post - 606-9961; 606-9962
Family Advocacy Program - 606-5338
Health & Wellness Center - 606-2221
Life Skills Support Center - 606-8217
Whistleblower Hotline - 1-800-952-5225
392nd TRS Wingman Line - 757-2439

NUMBERS TO CALL IF I FIND MYSELF IN A PINCH

MY WINGMEN

Name: _____ Phone: _____

Name: _____ Phone: _____

MY SUPERVISOR

Name: _____ Phone: _____

TAXI SERVICES:

Lompoc: _____ Santa Maria: _____

Santa Barbara: _____ San Luis Obispo: _____

MY COMMANDER

Name: _____ Phone: _____

MY FIRST SHIRT

Name: _____ Phone: _____

NOTES:

SAPR: cont.

The SARC Office is also responsible for providing Sexual Assault Prevention training throughout the installation.

If you have been sexually assaulted, please call the VAFB 24/7 SARC Response Helpline at 606-7272 or 588-7233.

Additionally, DOD has set up a 24-hour hotline at 1-800-342-9647 for geographically separated military personnel as well.

Wingman Guide for Suicide Management

Warning Signs:

- Comments suggesting suicide
- Unusual risk taking
- Seeming overwhelmed by stressors
- Significant decrease in performance
- Acquiring a method for suicide
- Giving away possession
- Significant mood change
- Seems hopeless
- Obsessing on death, dying
- Rehearsing suicidal acts

Actions to take:

Ask- "How are you doing?" "Anything I can do to help?"
"Have you thought about hurting or killing yourself?"

If "yes" to thoughts of suicide - Do not leave them, take steps to remove potential means of self-harm, encourage them to

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immediately go to Life Skills (ER after duty hours), go with the person and brief Life Skills on what was said. If the person refuses to seek immediate help, inform command immediately. Call 911 if person attempts to leave or needs immediate attention.

If "No" to thoughts of suicide - Inform of desire to help, express concern, encourage professional help, identify people who the person feels supported by that can use for help, inquire about barriers to seeking help, **inform chain of command.**

Key Resources	
Life Skills - 606-8217	Command Post - 606-9961
Chaplain - 606-5773	Mil OneSource - 1-800-342-9647
A&FRC - 606-0039	Suicide Hotlines- 1-800-SUICIDE
National Suicide Prevention: www.suicidepreventionlifeline.org	
Air Force Suicide Prevention Website: http://afsp.afms.mil	
Military One Source: www.militaryonesource.com (User ID: military, PW: onesource)	



The Airman's Creed

I am an American Airman.
I am a warrior.
I have answered my nation's call.
I am an American Airman.
My mission is to fly, fight, and win.
I am faithful to a proud heritage,
a tradition of honor,
and a legacy of valor.
I am an American Airman,
guardian of freedom and justice,
my nation's sword and shield,
its sentry and avenger.
I defend my country with my life.
I am an American Airman:
wingman, leader, warrior.
I will never leave an Airman behind,
I will never falter,
and I will not fail.