

PLEASE...

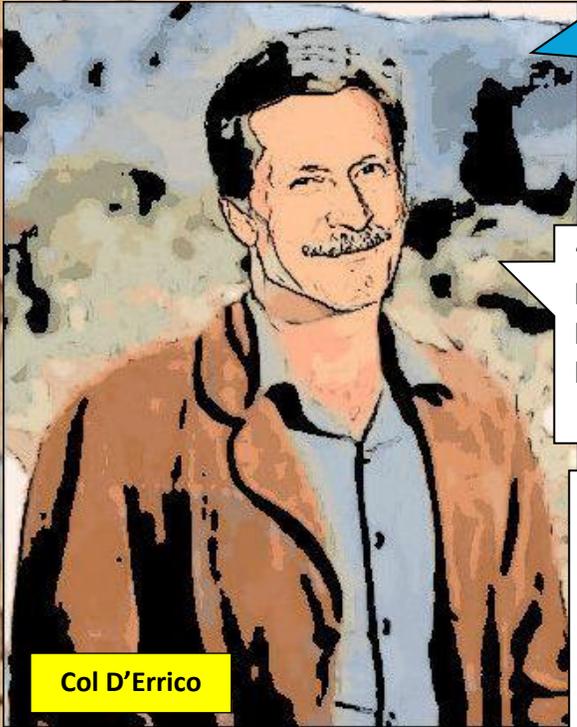
LISTEN UP

Sept. 19, 2012



LIFE MATTERS...

September is national suicide prevention awareness month. If you work on Life Matters when they are smaller you can prevent them from turning into big issues.



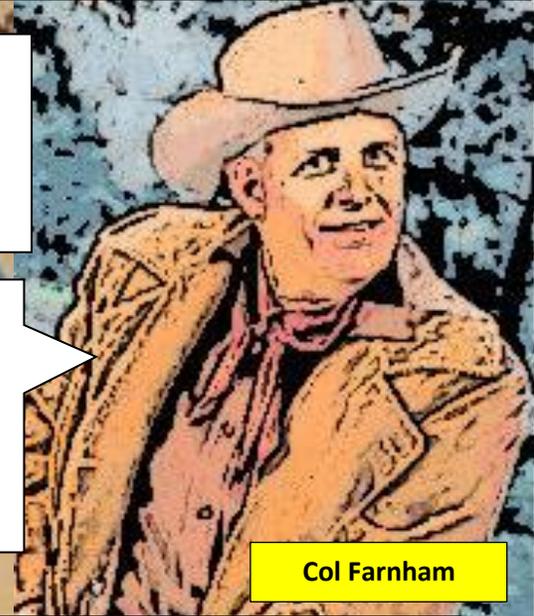
Col D'Errico

"I don't measure a man's success by how high he climbs but how high he bounces when he hits bottom."

Gen. George Patton

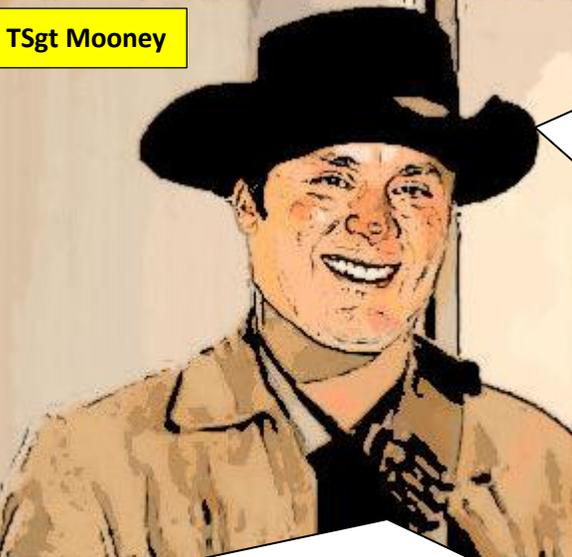
"Never, Never, Never Give in...if you're going through hell, keep going."

-Sir Winston Churchill, former British Prime Minister



Col Farnham

TSgt Mooney



RESOURCES FOR Life's Matters

1. Military Crisis Line: 1-800-273-8255 press 1.
2. 211 can be dialed from anywhere in Maine Or www.211maine.org
3. Substance Abuse: 207-430-5253
4. Military and Family Life Consultants: 207-210-3365
5. www.mantherapy.org
6. Military One Source: 1-800-342-9647
7. Vet Centers: 1-800-905-4675

Christmas Across the State 2012 is open for registrations- If you are a currently serving military family from Maine who is struggling this holiday season, Christmas Across the State is here to help you. Application at:

<http://www.me.ngb.army.mil/family/documents/2012-christmas-application.pdf>

For More Info: Please contact the
Airman & Family Readiness Program
Office at 207-404-7494

Have a GREAT day!

Brought to you by the 101ARW's
Travis Hill
MeANG Yellow
Ribbon Program
207-852-4289

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The Wingman Project

Wingman Project provides training, awareness, and outreach to teach warfighters and their families how to identify symptoms of impending suicide and then how to intervene to save a life. The multimedia website provides geography-specific tools, resources, and communities.

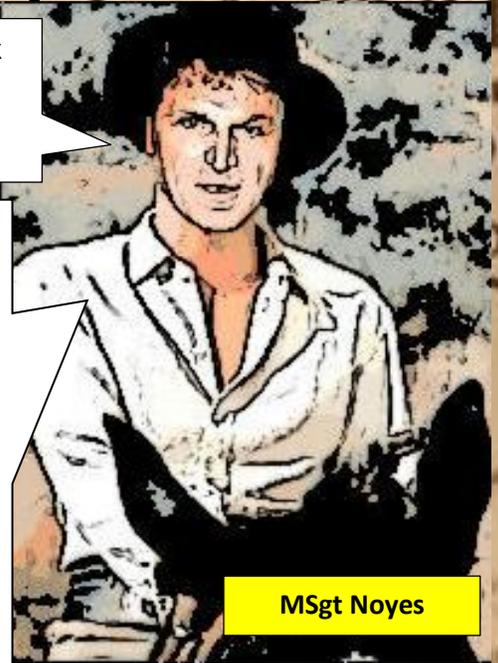
www.wingmanproject.org

"It ain't as bad as you think. It will look better in the morning."

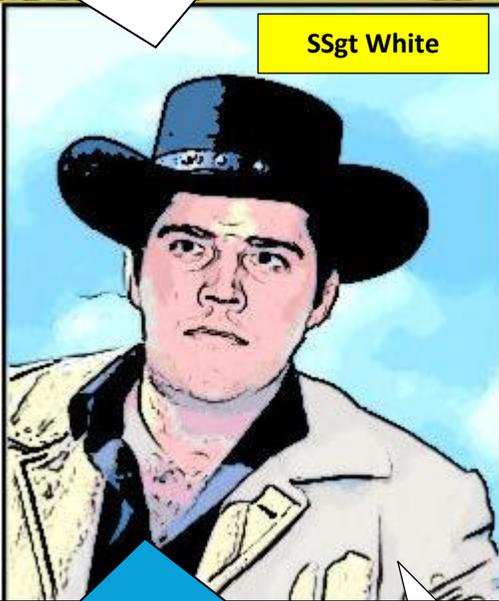
General Colin Powell

Additional Resources:

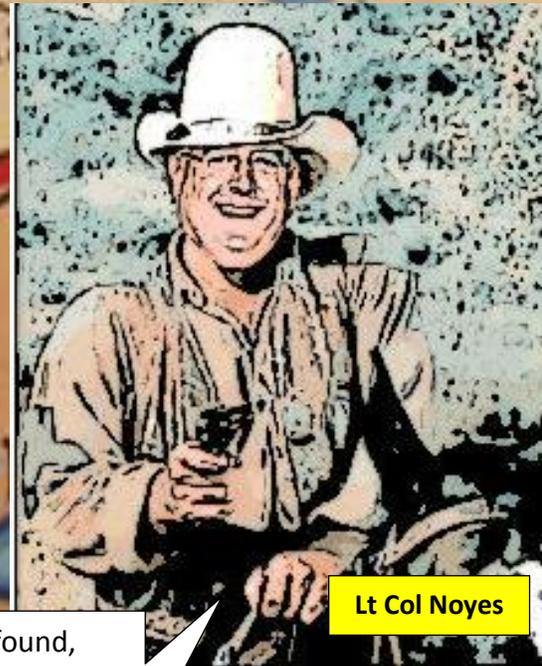
1. Airman & Family Readiness Program Office:
207-404-7494 or 1-888-625-7200
2. Chaplains: (cell) 207-356-0674
3. Wing Director of Psychological Health:
207-404-7633 / (cell) 207-404-0348
4. Personal Financial Counselor: 207 465-5677



MSgt Noyes



SSgt White



Lt Col Noyes

For additional information and resources please visit our Facebook page:

Maineiacs Yellow Ribbon

<http://www.facebook.com/pages/Maineiacs-Yellow-Ribbon/154982704541284>

HELP is AS REAL AS YOU ARE ...

GET IT / GIVE IT

FREE Veterans Camp - For Veterans and families who have experienced the stress of deployment during past and current conflicts. Learn more at:

<http://www.kieve.org/veterans/>

Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.

~from Harry Potter and the Prisoner of Azkaban (movie)

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