2020 ANG Suicide Prevention Training

Virtual Version

Name and Rank:

Squadron/Flight:

Date:

1. Name three resilience skills that can improve our ability to cope with stress?
2. What are common signs of distress that we can observe in ourselves and others?
3. Why is connection to others and to our mission a strong factor in protecting us from despair and suicide?
4. What does ACE stand for?
5. What does GO SLO stand for?
6. List at least three resources that you can use or to whom you can refer a wing member when in need of support for signs of unmanageable distress?