

HELP OTHERS SEEK THE RIGHT HELP:

Ensure Your Resilience First-Aid Kit Is Fully Stocked

Resilience First-Aid is a set of tools that answers the questions you might ask yourself in a tough situation when someone is experiencing issues that are outside of your area of expertise.

Resilience First-Aid helps you to recognize your limits and judge if you need to find support for an individual so they can get appropriate assistance.



- **RECOGNIZE WHEN TO CALL FOR SUPPORT.**
- **KNOW WHERE TO CALL FOR SUPPORT.**
- **KNOW HOW TO CONNECT WITH SUPPORT.**

Keep your Resilience First-Aid Kit stocked with coping strategies and knowledge of when, where, and how to call for more support when greater care is required.



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

For more ways to strengthen your resilience, connect with us at www.armyresilience.army.mil

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