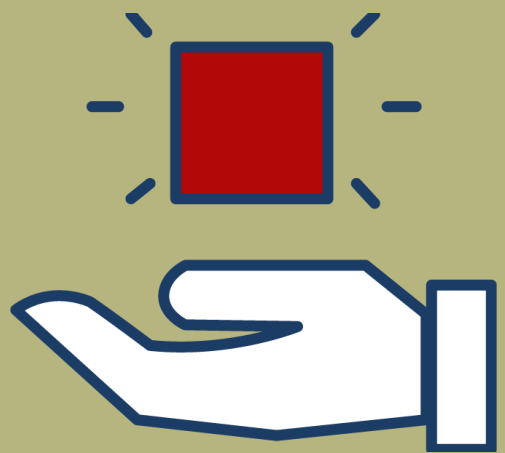


# INSTRUMENTAL SUPPORT

Assisting Soldiers in a tangible way

## PROVIDING RESOURCES

- Know the details surrounding primary military and family support services on base.
- Adapt Soldiers' duties in consideration of ongoing obstacles.



## FACILITATING CONNECTIONS

Pair Soldiers who are facing issues with peers who have successfully navigated similar challenges.

## ADVOCATE FOR SUBORDINATES

- Have your Soldier's back when dealing with the chain of command.
- Publicly support your Soldiers seeking Behavioral Health care.



## EDUCATE SOLDIERS

Identify teachable moments or areas of inexperience to educate your unit on healthy relationships, personal finance, and healthy coping skills.