



## Separation

### **SEPARATION/RETIREMENT**

Transitioning from the military to the civilian environment can impact an individual in many ways. Retirement can represent changes in status (e.g., from active duty to veteran), lifestyle, income, and living arrangements. Distress may be particularly likely in those whose military skill set does not translate readily into the civilian job market. Personnel who have not planned for retirement or have severe budgetary constraints may likewise be distressed. Because retirement represents such a significant adjustment across so many aspects of life, it can be associated with significant distress, and possibly thoughts of suicide.

#### **Signs Wingmen Should Know/Look For**

- Appearance of being unprepared for retirement or of having no plan for employment or housing.
- History of poor coping or suicidal risk.

#### **Recommended Wingman Action**

- Provide good wingman support to those retiring.
- Recognize that retirement requires adjustment across many areas of life and can be very distressing.

#### **Leadership Considerations**

- Discuss retirement as something that should be planned for years in advance.
- Be aware that retirement can be stressful for the entire family. Understand the family's reaction and mobilize support to assist.