



My Buddy Resources



The Army Reserve Battle Buddy Application For Smartphones

The USARC Chaplain Directorate is taking this opportunity to re-introduce the Army Reserve (AR) Battle Buddy Application (APP) for the iPhone, iPad and Android Smartphones. The APP provides detailed intervention, awareness and prevention information concerning the Army's Suicide Prevention Program and Sexual Harassment/Assault Response and Prevention Program. This user friendly APP helps the AR Soldier be a better Battle Buddy by providing the tools and information needed to assist in suicide intervention and other situations before they reach crisis proportions.

- The "Get Help Now" tab provides important emergency phone numbers at the tip of your fingers including phone numbers for the National Suicide Prevention Lifeline/Veterans Crisis line, Domestic Abuse Hotline, the DoD Sexual Assault Helpline, Military OneSource and Fort Family, in response to a number of potential crisis situations.

- The "Suicide Intervention" tab walks you through the Army's ACE process and provides hotlines, chat sites and other resources to help you help a buddy in crisis.

- The "SHARP" tab walks you through on how to respond if you or someone close to you has been sexually assaulted; explains the reporting process and the difference between restricted and unrestricted reporting and provides tips to help prevent from becoming a victim.

- The "Talking Points" tab provides tips and tools to help you be a better listener for your Battle Buddies. This section provides guidance on how to ask open ended and clarifying questions to encourage your buddies to talk things out.

Other sections of the app provides listings for national and local resources, links and information on a variety of programs and services that are available to Soldiers and their Families to include, professional development reading lists and other important information such as, My Medical, Comprehensive Soldier and Family Fitness, Public Affairs and legal assistance.

We encourage you to down load this APP and spread the word. Let's get this on every Smartphone in the Army Reserve!

The AR Battle Buddy APP QR Tags and Websites are on the following page

AR Battle Buddy APP QR Tags and Websites

Apple



<https://itunes.apple.com/us/app/battle-buddy/id726490912?mt=8>

Android



<https://play.google.com/store/apps/details?=mil.army.battlebuddy>