

Sir or Ma'am,

Individual Reservists who are unable to complete Green Dot training with their active-duty unit may perform training online.

IRs are directed to make every possible attempt to complete the face-to-face Green Dot training. However, when that is not feasible due to scheduling conflicts, online training is available to fulfill the training requirements.

To complete the online Green Dot training, visit www.arpc.afrc.af.mil/hqrio.aspx, select "Training" and then Green Dot training.

After reviewing all course material, fill out and print the certificate from the final page of the training and send it to your unit reserve coordinator or unit training manager to update your training record in ADLS.

Note: The website and/or embedded videos may be slow to load when accessing from a .mil network. Please allow the videos sufficient time to load before viewing. If you receive an error and cannot access this training from the .mil network, you will need to complete the training from a home computer or a computer outside the .mil domain.

Please direct all questions regarding Suicide Prevention training to your URC or servicing HQ RIO detachment.

HQ Individual Reservist Readiness and Integration Organization

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