



Commanding Officer's Suicide Prevention Policy Letter



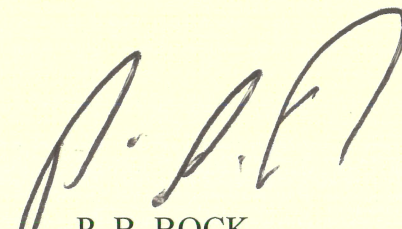
At times, we all encounter difficulties in life. You may be reading this as you cope with one of those hard challenges. You are never alone. You do not have to face your problems alone and help is always available to you. For some, death by suicide appears to be the only logical solution for seemingly insurmountable problems. Suicide is never the solution. Your chain of command is here for you, at every level, to include the Sergeant Major and I.

Your contributions to the team are vital to our success. We succeed or fail not by the actions of one individual but by the collective efforts of every Marine and Sailor. You are what makes Combat Logistics Regiment 37 (CLR 37) the unit it is today (people, mission, and equipment). You have immense value, and I need you on our team.

We must all take an interest in each other's lives both professionally and personally. You must understand the stories of others, particularly those you lead. If you notice a Marine or Sailor struggling with thoughts of suicide, I urge you take immediate and appropriate action. It is my pledge to give you the tools to help you succeed in this endeavor. As part of this effort, CLR 37 will offer suicide prevention training and education as well as periodic suicide awareness briefs. Please know, the chain of command, medical staff, the CLR 37 Chaplain, Military One Source which can be reached through a DSN line at 145, the Crisis Hotline which can be reached at 1-800-273-TALK, and Marine Corps Community Services (MCCS) counseling services are available resources that you could draw on in your time of need. I implore you to reach out to someone if you are struggling.

CLR 37 performs a critical mission in the defense of our Nation, we need every member of our team; everyone has value. We have talent on the team from all walks of life. Together, we will accomplish the mission and protect the legacy of our Corps. You are a part of this legacy and have every reason to be proud; walk with your head high. I am proud to serve alongside all of you and will do all that I can to support you.

For additional support and information see the CLR 37 Safety Officer, 1stLt Emmanuelle F. Cooper at DSN: 315-637-3798 or email at emmanuelle.cooper@usmc.mil.


P. B. BOCK
Colonel, U.S. Marine Corps
Commanding Officer