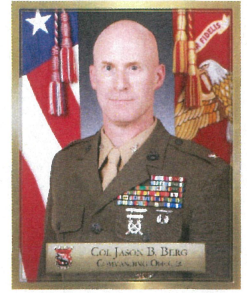




Combat Logistics Regiment 3
3d Marine Logistics Group
Okinawa, Japan



Suicide Prevention Program Policy Statement

All Marines, Sailors and family members face stress due to the nature of what we do. Stress of the job, stress of family life, stress of just normal interaction between people are all causes. Add to this the unique stress we feel of being outside of the United States and away from family and those traditional support structures we rely on when times are difficult. There are many ways that we can positively handle this stress: PT, hobbies, and family are all outlets for managing stress. Additionally, our friends, fellow Marines and Sailors, and chain of command all can provide that foundation for managing and mitigating life stressors.

While for many, managing stress is natural, some find that what is going on in their life is beyond assistance. They try to internalize their stress and handle their burdens alone. This type of thinking can compound stressors and lead Marines and Sailors to believe that there is no outlet other than taking their own life.

Life is not meant to be lived this way. Certainly, life lived with such a close-knit band of brothers and sisters as we have is meant to serve as a family...our Workhorse family. We fight because of the Marines and Sailors to our left and right. The loss of any member of the Workhorse family deeply hurts. The loss of one of our own due to suicide is the ultimate tragedy.

We say that Workhorses look out for each other. In this case, that means looking for warning signs and indications of problems or significant changes in the those fighting alongside of us and their families. Stressors to watch for are problems with immediate or extended family, changes in attitude or performance, aggressiveness, recklessness, and talking about death. Trust your instincts. If you think something is wrong, intervene. Always ask members of our family how they are doing...and mean it. If you have concerns, ask the direct question, "are you thinking about hurting or killing yourself?" If the answer is "yes," never leave that Marine or Sailor alone and immediately escort them to medical. If the answer is "no," tell that Marine or Sailor's NCO and/or SNCO about your concerns. Your comments or observations may be the final piece to the puzzle that identifies someone's need for help.

If you are a Marine or Sailor who is suffering, or even if you are just having difficulty managing stress, please seek help. There are many resources (Chaplain, Marine Family Life Counselor, Medical, Mental Health, friends, peers, etc.) available to help you successfully navigate the challenges that life presents. Alcohol only aggravates the problem and deepens despair. Seeking help is a sign of strength and know that your Workhorse family is here to support you through life's challenges. If you are currently receiving help but feel that it isn't sufficient, speak out. Never give up! I implore you to consider three things:

1. Suicide is a permanent solution to a temporary problem.
2. It is ok to not be ok as long as you are seeking help. Everyone has been in or will overcome seemingly impossible challenges at some point in their lives.
3. Be there for each other. Never be the bystander. Workhorses much watch out for each other.

We will do anything and everything we can to support you through life's trials and stresses. We must take care of each other first and always.

Semper Fidelis,

J. B. Berg
Colonel, USMC

Commanding Officer, CLR-3