



## Commanding Officer's Suicide Prevention Statement



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**It is OK to not FEEL OK. It is OK to ASK FOR HELP.**

We are a team and at times teammates face problems both personal and professional. At times these problems can seem overwhelming and cause us to feel that we cannot find our way through them. For some, suicide appears to be the only solution for these seemingly insurmountable problems. It must be stated plainly: Suicide is not the solution. Courageously seeking and accepting support and guidance from leaders, fellow Marines and resources can move individuals, families and entire units through these difficult times.

As a Marine and a part of the CLR-37, know that you do not have to face your problems alone. Help is always available. I want you to know there are leaders in your chain of command, including myself and the Sergeant Major, who are committed to assisting with any difficulty you may be facing.

### **Seeking help is a sign of Strength**

I am committed to getting help for those in need and to removing stigma from Marines and Sailors seeking help or behavioral health services. As part of this effort, the Regiment will offer suicide prevention education and awareness opportunities. Innovative training that seeks to strengthen our mental armor and developing individual, family and unit cohesion and resiliency will be incorporated throughout the Regiment. Distress and problems will be seen for what they are - opportunities to grow and mature. Your chain of command, Regimental Chaplain, Combat Stress Platoon, DStress Line, Military Family Life Counselors, and MCCS counseling services are some of the resources assembled to assist the members of the Regiment. Again, I encourage you to reach out anytime help is needed.

I charge leaders at all levels to stay engaged in the personal lives of our Marines and Sailors. I expect leaders, roommates, peers, friends and liberty buddies to know their fellow Marines and Sailors. I require all Marines and Sailors in the command to **act immediately when you see a team mate who needs help**:- R.A.C.E: Recognize the signs of distress, Ask-are you thinking about killing yourself, Care with words and actions, Encourage help-seeking and Escort to care.

Your commitment to one another and to intervention is vitally important factor in preventing suicide and ensuring a fellow Marine or Sailor who needs help receives it quickly. Remember, it's OK to ask for help. If offered help by a friend or leader, please take the offered hand. I am proud to serve alongside you, and together, as a team, we can accomplish any mission, overcome any problem, and ensure the continued success of the Regiment.

**Mission first, People always!**

O. J. RANDALL  
Colonel, U.S. Marine Corps  
Commanding Officer