



# 3D Marine Logistics Group



## Suicide Prevention Policy Statement

24 July 2022

There is nothing more important than the health and well-being of our Marines and Sailors. Unfortunately, suicide is a growing issue within the Marine Corps and our society. We must work together to identify at-risk individuals and get those Marines, Sailors, and civilians the help they need to prevent unnecessary tragedies.

Everyone in the command serves during a challenging time, under difficult circumstances, and as a result, we all experience stress even under the best conditions. Fortunately, there are many resources available to help cope and thrive. These resources are available with no prejudices and you can participate in treatment programs without shame or embarrassment.

Our biggest challenges in this area is our people not reaching out or not asking for help when they need it, and the failure of others to recognize distress in our fellow Marines, Sailors, and civilians. Everyone must understand the signs of suicide in order to enhance risk identification and early intervention. Lastly, when confronted with the possibility of suicidal behavior, we must all collectively spring into action!

This requires proactive and engaged leadership. We must be a visible presence in our people's lives. Together, we must create a command climate that fosters positive interaction, togetherness, and the willingness to intervene when a member of the team is exhibiting at-risk behavior.

"We take care of our own." This needs to be more than just a bumper sticker. Every individual in this command needs to embrace their responsibilities to prevent suicide. We must protect our most valuable asset, our people, by ensuring their health and well-being.

If you are at-risk and need help, tell someone. If you see a fellow Marine, Sailor, or civilian teammate who needs help, intervene. Use your chain of command, Chaplain, Military & Family Life Counselor, Medical Provider, or a friend/mentor. Do not be embarrassed or too proud to ask for assistance. Asking for help is a sign of strength and the best thing you can do. We will get you the help you need.

**"For the strength of the pack is the wolf, and the strength of the wolf is the pack."**

A. L. CHALKLEY

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