



Commanding Officer's Suicide Prevention Policy Statement



All of us provide value to our friends, families, the Navy, and the Marine Corps. I do not want to lose one single Marine, Sailor, or Civilian to suicide. This is an all hands effort that requires the involvement, availability, and approachability of everyone in our command. I take personal responsibility and accountability for establishing an environment in which every individual – without hesitation - can approach their leaders with an expectation that there will be an eagerness to help solve problems without judgment or retribution.

Identify. Recognize the signs of those at risk. Common signs include appearing overwhelmed by recent stressors; experiencing a fall from glory, loss of honor, and change in status within a unit or relationship; withdrawing from friends, family and society; losing interest in hobbies, work and school; feeling helpless, worthless and trapped in a situation. Common risk factors and triggers that should not be ignored are legal or disciplinary problems, relationship problems and financial problems. Substance abuse, behavioral health diagnosis and Permanent Change of Station (PCS) problems appear to increase risk for suicide.

End States: Complete annual suicide prevention training conducted through Unit Marine Awareness and Prevention Integrated Training (UMAPIT)

Prevent. Conduct unit leader training emphasizing the identification and care of Marines with behaviors associated with stressors or at risk of suicidal behavior. Foster an environment that facilitates healthy stress reactions and cultivates mental, physical, spiritual, and social fitness. Suicide prevention training emphasizes the importance of assisting Marines as they develop and strengthen resilience skills, identify potential suicide risk factors in themselves and peers, mitigate suicide risk, and encourage help-seeking behavior.

End States: Engaged leadership from small unit leaders through the Regimental Command Team

Resources are available for Marines, Sailors, and their families to access help directly through the Community Counseling Program. There is no wrong door for getting help. Counselors conduct screenings, actively assess needs, provide counseling, and connect Marines and families with additional resources through referrals and direct handoffs between programs and facilities. If you recognize warning signs or believe someone is in immediate danger; sources include the DSTRESS line, which can be reached through a DSN line at 645-7734 or 098-970-7734; the Crisis Hotline, which can be reached at 1-800-273-TALK; or Military OneSource, which can be reached through a DSN line at 145. Call 911 or 098-911-1911 in the event of an emergency.

D. R. BURKE
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Commanding Officer