

Commander's Suicide Prevention Policy

Marine Air Control Squadron 4,

As you should know by now, and have probably heard at least a few times from me personally, **my intent** is for every Marine and Sailor of this command to treat this Squadron as their own house. This house is built upon a foundation of honesty and is constructed with walls of knowledge and wisdom. The foundation and walls support our roof of readiness; a roof reinforced by leadership. There is no finer illustration of treating this unit as our house than the prevention of a suicide.



Honesty: **Be honest with yourself. Be honest with each other.** We face numerous stressors in our lives that may feel, at times, insurmountable --- financial, relationship, or work related. Always remember that there is nothing wrong with seeking assistance when problems arise. That is the benefit of being a member of this house.

Knowledge: **Know your Marines and be involved.** Knowing your Marines and their problems is part of being a leader, it does not end at the front gate or when liberty is sounded. The Marine Corps is a family. As such, we take care of each other. We must be exceptionally vigilant in identifying suicidal behavior and intervene. If we need to assist a member of our house, we must know the following resources are available to all of us → **MACG 18 Chaplain is Lt Clark 636-3156; CDR Herbert Griffin is the 1st MAW Suicide Awareness Prevention Coordinator 645-7202; and the 1st Maw Suicide Prevention Webpage is located at: <http://www.1stmaw.marines.mil/Resources/SuicidePrevention.aspx>**

Wisdom: Knowledge of yourself, your Marines, and Sailors, and your job will afford you the intellectual freedom to think of the bigger picture and your role in it. Remember we must always be willing to listen, help and most importantly take action if a fellow Marine or Sailor is demonstrating signs of suicidal behavior. Intervention is simple and action must be taken. **Simply taking time to ask what is bothering someone if they are depressed or irrational can avert tragedy.** Marines must have the moral courage to get involved. We do this because Marines take care of our own.

Leadership: To be a leader you need to **be honest, knowledgeable, and make wise decisions.**

As a leader, ask yourself these questions constantly:

Assess – **How are my Marines and Sailors today (including myself)?**

Create Goals – What are my expectations of them? Have I told them?

Plan – How will we **prevent suicide** together?

Engage – Have I empowered them and ensured the means?


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