



SUICIDE PREVENTION

Every Marine and Sailor in MTACS-18 has value to the Marine Corps and more importantly to their family members and friends. I hold no other responsibility more sacred than ensuring every Marine successfully completes their tour of duty and returns safely to their loved ones and friends. Each and every one of us has the responsibility to care and monitor the mental well-being of their fellow Marine and Sailor. We are never too busy to talk to each other and gauge how we are faring in our day-to-day lives.

By now, each of you should have received the Never Leave a Marine Behind suicide prevention training per MARADMINS 524/12 and 294/13. Every Marine will continue to receive annual training on this topic. I charge every Marine to use the **RACE** method to prevent any suicides or suicide ideations in MTACS-18:

Recognize – The signs of distress

Ask – About the signs of distress

Care – About the person and show it

Escort – The person to safety

Starting with me, the chain of command must ensure our Marines are aware that resources – group Chaplain, medical, Marine Corps Community Services – are available to address any problem they may encounter with the utmost in confidentiality and discreetness with no negative impact to one's career. Asking for help is not a weakness, but a form of courage unto its own. We must ensure those in our charge take this to heart.

MTACS-18's operational tempo is challenging and we have many requirements to satisfy, but we must never place monitoring the well-being of those in our charge low on our priority list. Only through constant communication and a strong mentorship program can we reduce the possibility of one of our own inflicting harm to themselves.