



Marine Unmanned Aircraft Squadron 3
(VMU-3)

Policy on Suicide Prevention

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Anxiety, Stress, Fear, Loneliness and Depression affect each of us differently at different times. These feelings are natural and it can be argued that because of our understanding and experiences with these emotions we become more caring and compassionate in our dealings with those that might be suffering. How these emotions impact our lives, our outlook, our performance and our relationships can change from situation to situation. **We may be "up" one moment feeling totally in control of the world around us and "down" the next.** Our highs and lows can be shallow or deep and they can be frequent or nearly non-existent. Much of our resiliency and our ability to bounce back when life throws challenges our way depends on the situation around us, our coping mechanisms, the external support we get from our beliefs and from those around us.

There are so many factors that go into making us who we are and that determine how we will cope with things at any given time, and many of those things are totally out of our control. **As Marines and Sailors we take great pride in what we do and in knowing that we are the defenders of our way of life. We are a source of strength for others but that doesn't mean we don't also need help and support from time to time. There is no shame in reaching out for help.** Race cars don't run forever by themselves, they need fuel and they need pit crew support. The efforts of the team aren't just to wait till something bad happens and then to try to put the pieces back together. To the contrary the efforts of the team are to look for the little signs of trouble so they can address those issues quickly and keep the car in the race. People are no different, we just need to realize that we can do so much more if we have a good support group...the team that keeps us going.

If you feel that things are skidding out of control and you need a little help let someone know. You are never alone. There is nothing easy about what we do and there is no stigma to asking for a little help. It doesn't matter whether you: talk with a friend co-worker or roommate; contact medical; confide in the Chaplain; or speak with the Marine Family Life Counselor; the important thing is that you don't try to handle it all yourself. Life can be overwhelming at times, so we need to look out for each other and be there for each other. **We must continually try to balance our lives and deal with the stressors that life throws our way and in doing so we must remain ever vigilant - looking for the signs in ourselves and others that might indicate the need for action and help.** Time can heal many things but time cannot heal a suicide and the devastating effects it has on those left behind.

The Marines, Sailors, and family members of VMU-3 are our most precious assets and we will protect them through our courage, discipline, and high standards. We are an organization of performance and pride and we will not tolerate things that jeopardize our mission, our ranks, the fair treatment of others, or the standards of our services. **"Phantoms are: Maximum Impact - No Drama...On Time - On Target"**

Semper Fidelis,

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