



Marine Unmanned Aerial Vehicle Squadron 3  
(VMU-3)



# Policy on Suicide Prevention

15 April 2016

-We are stationed on the most isolated island chain in the world, far away from the traditional support networks of friends and extended families. This geographical isolation compounds problems and may often times lead to a feeling of helplessness to have a positive impact on challenging situations in our lives. Despite this isolation, there is help and there is hope. Everyone experiences life challenges at some point and everyone copes with them differently. However, you are surrounded by Marines and Sailors on this team that care about you and your well-being and will not let you face these problems alone.

-Suicide is a permanent solution to a temporary problem. No matter how difficult your dilemma seems, it will always get better as long as you do not make a decision to give up on yourself. Suicide would be the worst and last decision you ever make.

-We owe it to our fellow Marines and Sailors to:

- RECOGNIZE** when they are struggling and are in distress
- ASK** questions about the distress and if they are having thoughts of hurting themselves
- CARE** about them, actively listen, and peacefully control the situation
- ESCORT** them to get help

-Never leave a Marine behind. This is true on the battlefield and in garrison. Through your actions you could save a life, but you must care enough to have the courage to help someone that is struggling with life's challenges.

-It also takes great courage to admit you are having challenges that seem out of your control. It is ALWAYS ok to ask for help. This request for help should always be taken seriously and never ignored. I view it no differently than requesting for Close Air Support on the battlefield. When faced with an enemy situation that seems overwhelming and beyond your control in combat, you wouldn't hesitate to call your fellow Marines to provide Close Air Support for you. The challenges you face in life should be no different. You do not have to fight these challenges by yourself. Call your fellow Marines and Sailors for help!

-Please do not turn to alcohol thinking that it will help you solve your problems. Alcohol is a depressant that impairs judgement and leads to poor decisions. Alcohol will not make your challenges go away.

-On this team, we will use every available resource to help you fight your challenges and get you the help you need and deserve.

-Every one of you are vitally important to this team and to me and we need each of you to accomplish our mission.

-You are resilient warriors that have been through adversity before. Through this adversity, you emerged as stronger individuals.

-This is a fight that you don't have to fight alone.

Semper Fidelis,

LtCol Wayne Phelps  
Commanding Officer  
VMU-3