



## Suicide Prevention Policy Statement



Marines and Sailors fight for our country but they are also willing to put their lives on the line to save each other in combat. This motivation to look out for and save each other in war should also resound as we train and enjoy leave and liberty. Every Marine and Sailor is a valued member of this command and contributes to our success. Now more than ever, every Marine and Sailor is needed to defend our Nation's interest. The loss of a single person from suicide impacts our combat readiness and weakens our Corps and our Squadron.

The key to suicide prevention is basic leadership. Know your Marines and look out for their welfare. Be actively engaged in their lives, know their individual challenges and stand ready to help them during times of need. This command will continue to conduct monthly Human Factors Councils to help identify the stressors that are affecting our Sailors and Marines, but ultimately All Hands are needed for this program to be successful.

If someone seems distressed or depressed, do not be afraid to ask the tough questions. If someone reports they want to end their life, or if you are not sure, stay with the individual and call for assistance from the Chain of Command, the Flight Surgeon, the Chaplain, or Base authorities like the Provost Martial's Office (PMO).

If you are feeling distressed or depressed, reach out for help. There is no tragedy, shame, or embarrassment worth taking your own life. Ask for help, and you will find everyone will come to your aid when you need it most.

Private professional help is available at the Counseling & Advocacy Office aboard Camp Foster; walk-in service M-F 0800-1100 and 1300-1600, dsn 645-2915/2916.

Just as you would never leave a wounded Marine or Sailor on the battlefield, if you see or suspect someone is considering suicide reach, out to stop them. You could be the one person needed to make a difference and save a life.

D. M. MARSH  
LtCol USMC  
HMM-265 Commanding Officer