



COMMANDING OFFICER'S SUICIDE PREVENTION POLICY



Every Marine and Sailor is a valued member of this command and contributes to our success. We pride ourselves on taking care of one another both on and off the battlefield, yet we still lose far too many Marines and Sailors to suicide. This tragic loss affects morale and combat readiness and weakens the unit and the Marine Corps as a whole. In most cases, it could have been prevented if someone who saw the signs had acted or asked the right questions.

As leaders we must take action to prevent suicide. Know your Marines and Sailors, their problems and their stressors. 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 Marshal'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. Do not seek a permanent solution to a temporary problem.

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.

A loss to suicide is every bit as tragic as a loss in combat. Just as you would never leave a wounded Marine or Sailor on the battlefield, don't let us lose a fellow Dragon to suicide. 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.

B. G. SWENSON
LtCol USMC
Commanding Officer, VMM-265