



MARINE WING COMMUNICATIONS SQUADRON 18 SUICIDE PREVENTION POLICY



"Suicidal behaviors are a barrier to readiness that have lasting effects on Marines, Families, and the Marine Corps." – MCO 1720.2A

Suicide within the Marine Corps continues to negatively impact the service and our loved ones alike. Effective suicide prevention requires coordinated efforts dedicated to promoting mental, physical, and social fitness; identifying Marines at high risk or in crisis; caring for Marines with suicidal behaviors; and fully reintegrating those who are found fit to return to duty.

MWCS-18 will focus on engaged leadership, education and training, treatment, and assistance resources to ensure any Marine or family member with suicidal ideations is identified and receives the necessary care.

Engaged Leadership

- Leaders must take an active role in the lives of their Marines; if they are distressed ask why.
- Significant stressors can have a devastating effect on the mental health of our Marines:
 - Combat, post-traumatic stress, substance abuse, prescription drug misuse, legal problems, financial difficulties, and relationship problems, etc.
- Build a culture in your units that promote healthy coping mechanisms in response to these stressors.

Education and Training

- Provide instruction on how to identify warning signs, and what to do if encountered.
- All squadron suicide awareness training requires 100 percent compliance.
- There is no stigma with seeking mental health assistance; our squadron encourages it.

Treatment

- Any Marine or family member experiencing significant stress that may be impacting their mental health must seek or be escorted to treatment immediately.
- Military life counselors, chaplains, prevention specialists, and our mental health care professionals are always available to help (as well as the chain-of-command).

Resources

- Warning signs recognized or immediate danger:
 - Crisis Hotline: 1-800-TALK
 - DSTRESS: 645-7734 (DSN) or 098-970-7734
 - Suicide and Crisis Lifeline (MARADMIN 230/23): 1-800-273-8255
- Emergency:
 - 911 or 098-911-1911

In order to promptly identify any MWCS-18 Marine contemplating suicide, a squadron-wide effort is required that includes the involvement, availability, and approachability of all-hands. Even one suicide in our squadron is too many and is something that we can prevent with engaged leadership.

Semper Fidelis,

Kevin M. Soeder

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