



HMH-463  
COMMANDING OFFICER'S  
Suicide Prevention Policy  
(Ref: MCO 1754.9B)



**Ready, Willing, Able to RACE! - PEGASUS**

The Marines and Sailors of HMH-463 are the backbone of our organization. We as leaders and fellow unit members must ensure our collective safety and wellbeing. Suicide awareness and prevention is everyone's responsibility.

I ask everyone to do the following to ensure we are watching out for each other and reporting high-risk behavior appropriately:

**R- Recognize the signs.** Educate yourself and others on what someone in crisis might look or act like according to MCO 1754.9B. This means know yourself and your Marines. As a leader you need to know their baseline so you can detect the small changes and provide help.

**A- Ask the question.** The question is, "Are you thinking of killing or hurting yourself?" If someone is showing signs of suicide-related behavior you need to ask them this direct question.

**C- Care with words and actions.** Let your words and actions show that you are listening and no matter what the person says, you won't judge.

**E- Escort to help.** If a person has suicidal thoughts, you will stay with him/her until help arrives or you take that person to help. Do not let this individual out of your sight. Resources for help include those discussed above as well as your chain of command and base resources such as the US Navy Hospital.

Know your fellow Marines and Sailors, know the warning signs, and know the resources to provide needed assistance. If you see someone in need, take a stand and act or seek assistance.

**NEVER** settle for the **PERMANENT** solution to a **TEMPORARY** problem.  
Take care of one another.

**Lieutenant Colonel Kelly B. Allen**  
**Commanding Officer, Marine Heavy Helicopter Squadron 463**

