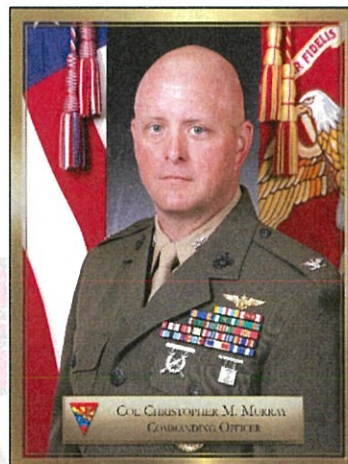


## Commanding Officer, Marine Aircraft Group – 36 Suicide Prevention Policy

“Marines Taking Care of Marines” is one of the most recognized of all of our espoused values. If we believe this, then how could we possibly allow another Marine or Sailor to get to a point that they believe suicide is the best and only option for them? Far too often after a tragedy, friends and families recognize the signs that were troubling an individual. Ideally, we need to recognize and intervene before it is too late. I believe that it is our duty to intervene and uphold each and every Marine and Sailor as a valued member of MAG-36. The loss of a single person due to a suicide not only has a significant impact on their family and friends, but it degrades our MAG’s combat readiness and weakens our Corps.



It is imperative that we take care of each other. Just as you would assist a visibly wounded Marine or Sailor, we must give someone showing signs of depression or mental distress the same attention. We must rid the Corps of the stigma attached to seeking help. You can make the difference by your intervention. You can be the one that is the key to saving a person’s life and helping keep our Corps strong.

I personally know senior officer and enlisted leaders that have sought help for a myriad of reasons and they were able to overcome the struggles and continue to serve. If you are feeling distressed or depressed, reach out to someone. There is **no shame** in asking for help! Resources like the Marine Intercept Program (MIP) are proven options for assisting and helping Marines and Sailors who are contemplating suicide. If you know of anyone that you believe needs help, have the moral courage to notify someone that you trust; that could be your chain of command, the Sergeant Major or even me. Worst case is that you are wrong and we go back to our mission, but if you are right, you may just save a life.

There are also other ways to seek help; consider the following sources:

- The Chaplain (DSN 636-3016; cellular 090-6861-4856)
- Military OneSource 24/7 (Dial 145 on a DSN line)
- Your Unit Surgeon or Corpsman (DSN 636-3570/2206)
- MCCS Counseling and Advocacy Program (DSN 645-2915/2916)
- DSTRESSLINE.COM or (DSN 645-7734; cellular 098-970-7734)

  
C. M. MURRAY