



Marine Wing Support Squadron 172 Commanding Officer's Policy Statement on Suicide Prevention



Military life is loaded with stress. Most Marines and Sailors cope with the stress of moving, changing jobs, injuries, and separation from friends and families with relative ease. However, every Marine and Sailor is different and every life situation is different. While a healthy amount of stress creates an environment of growth, excessive stress over time can cause distress. Distress has a negative impact on readiness and it may even result in the tragedy of a suicide or suicide attempt. I want every Firebird to **Survive, Strive, and Thrive**. We must emphasize a suicide prevention program that focuses on resiliency and a balanced approach to life that manages stress.

We must know ourselves and seek self-improvement, we must know our Marines and Sailors and look out for their welfare. Self-awareness, self-referral, and intervention are the keys to suicide prevention. Self-referral and intervention must start with an understanding of the risk factors and indicators that may contribute or signal a suicide or suicide attempt. Risk factors and indicators may include excessive drinking, giving things away, isolation, depression, injury, separation or breakup, loss of a loved one, etc.

The Squadron's Suicide Prevention Program includes:

1. Awareness education, healthy lifestyle promotion, and leadership training.
2. Company and Squadron Force Preservation Councils to monitor Marines and Sailors under distress.
3. Providing support to families affected by suicide after-the-fact or to personnel that attempt suicide.
4. Helpful reintegration of Marines/Sailors returned to duty. Monitoring reintegration through the Force Preservation Council and Marine Intercept Program.
5. Effective Operational Stress Control and Response (OSCAR) training via guided discussions to small groups focused on Suicide Prevention and Combat Operational Stress Control
6. Command leadership and key enabler engagement with the Chaplain, MFLC, Medical Officer, OSCAR Representatives.

All suicides and suicide attempts are preventable with self-awareness, self-improvement and engaged leadership. Every FIREBIRD matters. We must look out for each other and do our best to help encourage, promote and develop behavioral health protective factors such as a sense of humor, hobbies, healthy relationships, healthy sleep habits, healthy behaviors, exercise and other stress coping skills.

What every FIREBIRD can do:

1. Attend annual Unit Marine Awareness and Prevention Integrated Training (UMAPIT) Training
2. Be self-aware, share your thoughts about stress, seek help.
3. Pursue improvements in total fitness (mind, body, spirit, social).
4. Look out for each other, intervene using the R.A.C.E. acronym, and report concerns.

6 Aug 2019

A handwritten signature in black ink that reads "J.S. PRYOR".

J.S. PRYOR

MCO 1720.2
Wing Dir 1720.2
Sqrn Policy 1720.2