Marine Wing Headquarters Squadron 1
Policy on Suicide and
Suicide Awareness

To the Marine or Sailor struggling or suffering, you are a valued member of the MWHS-1 family. **Know with certainty that you are an integral member of this team, and your contributions are meaningful.** Reach out for a lifeline and we will ensure you get the help and resources you need to begin healing. The members of ***America's Finest*** want to help you and see you thrive.

To the family, friend, comrade, compatriot, or acquaintance of someone in trouble, be aware of behavior changes and risk behaviors. Trust your instincts and talk to those who are struggling if you think they may be having thoughts of suicide. Mention the warning signs that prompted you to talk to them, stay calm, and let them know you are there to help.

Operational stress control begins with balance and total fitness (spiritual, physical, mental, social). MWHS-1 will emphasize resilience in accordance with MCO 1720.2A to strengthen healthy stress responses and mitigate individual, unit, and family stressors that interfere with mission readiness.