



Marine Air Support Squadron 2 Commanding Officer's Statement on Suicide Prevention



Every MASS-2 Marine, Sailor, and Family Member has great intrinsic value to the Marine Corps and, more importantly, our loved ones and friends. I am responsible for ensuring that each member completes their tour at MASS-2 and returns safely to their family and friends. Each of us is responsible for caring for and monitoring the mental well-being of every member of MASS-2. No matter how busy we may be, we must find the time to connect and assess how we cope with our day-to-day lives. Use the RACE method to prevent suicides:

Recognize – The signs of distress.

Ask – Inquire about these signs and associated intentions.

Care – Show genuine concern and support.

Escort – Guide them to safety.

Starting with me, the chain of command shall ensure that every member of our MASS-2 Tribe is aware of the available resources: our Chaplain, medical personnel, Marine Corps Community Services, and Military and Family Life Counselors. These resources are in place to help you without negatively affecting one's career while maintaining strict confidentiality. **Marines who ask for help during a time of need are courageous.**

At MASS-2, leaders shall establish an environment that eliminates any negative stigma surrounding mental health or suicidal ideations and treat this condition like any other medical issue: genuine care and discretion. I charge everyone to recognize and effectively respond to early signs of suicidal behavior. Apply the essential leader functions of **strengthen, mitigate, identify, treat, and reintegrate (SMITR)** to all situations. Once medically cleared, we must swiftly reintegrate our personnel into the unit to ensure continued mission readiness. **Our primary goal is to prevent self-harm by fostering an environment where an individual in need knows that they can ask for help without any perceived consequence so that we can deliver professional care while safeguarding the individual's privacy.**

Though MASS-2's operational tempo presents challenges, taking care of our Marines, Sailors, and family members always be high on our priority list. We can minimize the risk of self-inflicted harm through leadership who is engaged and genuinely cares, with constant communication, and a robust mentorship program.

If you are in distress, support is within reach. Dial **098-970-8255** or **098-954-0123** from a Japan phone number. Dial **988** or **1-800-273-TALK** from a U.S. phone number. For additional support and information, contact our Suicide Prevention Program Officer, 1stLt Andrew S. Chludzinski, at DSN 636-3848 (office) or email at andrew.chludzinski@usmc.mil.

Remember, the well-being of our MASS-2 Tribe is of utmost importance. Stay vigilant, be engaged, and ensure the safety of every member of our unit.

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