

Suicide Prevention

(Ref: MCO 1720.2)

“Mission First, People Always.”

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



The Marines and Sailors of VMM-265 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 like starting with MCO 1720.2. 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 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 below as well as your chain of command and base resources such as the US Naval 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.

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)
- MCCS Counseling and Advocacy Program (DSN 645-2915/2916)
- VMM-265 Flight Surgeon/Corpsman (DSN 636-7683/3374)
- DSTRESSLINE.COM or (DSN 645-7734; cellular 098-970-7734)

Every Marine and Sailor is critical to our mission.

Take care of one another.

Mission first, People always.

Lieutenant Colonel Jason R. Laird
Commanding Officer, Marine Medium Tiltrotor Squadron 265

“Dragons!”