COMMANDING OFFICER'S SUICIDE PREVENTION POLICY

"Our fellow Marines and Sailors need our help and this requires a heightened state of awareness."
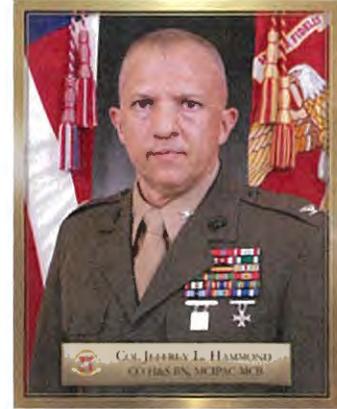
Despite our ethos, esprit de corps, and unflagging fighting spirit, the Marine Corps continues to have the highest suicide rate of the U.S. service branches. This is our problem and we must face it together. Suicide prevention works if we collectively heighten our state of awareness. Suicide is never a joke and should always be taken seriously. If you hear anything that implies someone is contemplating suicide, assume nothing. Do not minimize the matter and never promise them that you will keep it a secret. It is our obligation to get immediate help using any means available. Never leave a person who is contemplating suicide alone. Talk to them and let them know that you care and want to help.

Suicide prevention is a leadership issue. Do not hesitate to inject yourself and assist your fellow service members if you believe they are showing any signs of suicide or depression. If you are the one experiencing depression or suicidal ideations do not hesitate to talk to someone. No man or woman can overcome every challenge on his/her own.

While the chain of command is the preferred method of communication, never let anything get in the way of taking care of somebody who needs help. The Chaplain is always available and has 100% confidentiality. There are also multiple resources outside the chain of command including, but not limited to, Marine Corps Community Services, Base Medical, the National Suicide Prevention Lifeline, a 24-hour civilian suicide hotline (1-800-SUICIDE), the Veterans Crisis Line, or the 24-hour Marine Corps suicide hotline (1-800-273-TALK).

For additional information on suicide prevention, contact the H&S Bn Chaplain. Remain vigilant - the bottom line is we will take care of each other at all times.

Semper Fidelis,

Jeff Hammond
Col USMC