COMMANDER'S SUICIDE PREVENTION AND AWARENESS POLICY

The United States Marine Corps is committed to preventing suicide among Service members and their families. As United States Marines, we have chosen to pursue a demanding way of life characterized by our service to others. Along with the choice to serve comes challenges unique to the Marine Corps lifestyle. These unique challenges include occasional separation from loved ones, stress on personal relationships, demanding work, and high professional standards. Added to these are the unique stressors of life in the National Capitol Region, which can include long commutes and busy schedules during off-duty hours. Some of us are also dealing with loss, trauma, or grief.

Although we normally face these challenges with the indomitable spirit characteristic of Marines, occasionally the challenges, stress, or grief may feel overwhelming and can result in suicidal thoughts. **I want all Marines and civilians of Henderson Hall to know that your teammates are there for you.** If you are contemplating suicide, for whatever reason, you are not alone and we have the people and resources to help you identify and conquer the challenges! There are no challenges you cannot overcome with help of your teammates and the dedicated, trained professionals who support us. **Whatever your challenges, help and support is available. Suicide is never the right answer.**

As stated in my command philosophy, every one of us matters, and we will take care of each other. If you are in need of help, asking for help is not weakness. If you suspect one of our fellow teammates may need help, asking them if they need help and alerting the chain of command is your responsibility.

We will take the "T.E.A.M" approach to suicide prevention:

T = Take the threat seriously. Suicide happens all too often. Watch for signs.
E = Ensure Safety. Ensure a person is not a threat to themselves or others.
A = Ask Questions. Find out as much information as you can and stay engaged.
M = Make others aware. The primary task of intervention is to get help immediately.

Suicide prevention is a responsibility we all share. We must be attuned to the risk factors, alert for indicators, and prepared to intervene rapidly when necessary. By recognizing the four leading causes of suicide (relationship issues, work-related difficulties, financial issues, and legal problems), identifying the warning signs, and encouraging Marines to seek help, suicide might be prevented.

Lastly, I want all members of the battalion to be aware that the below resources are available to assist with battling distress, depression, or thoughts of suicide.

- The Chain of Command
- The Battalion Suicide Prevention Officer
- The Battalion Chaplain (808) 345-2292
- Military OneSource 24/7 (800-342-9647)
- National Suicide Prevention website(https://www.usmc-mccs.org/services/support/suicide-prevention/)
- Leader's Guide for Managing Marines in Distress (www.usmc-mccs.org/leadersguide)
- Marine Corps Community Services (MCCS) counselors

Semper Fidelis,

ANDREW R. WINTHROP
Colonel, U.S. Marine Corps