



# POLICY STATEMENT

## SUICIDE PREVENTION



As United States Marines, Sailors, and civilians, we have chosen to pursue a challenging, exciting, and dynamic way of life. Along with the choice to serve, comes acceptance of challenges unique to this lifestyle. These challenges include occasional separation from loved ones, stress on personal relationships, demanding work, and high professional standards.

Although we normally face these challenges with the indomitable spirit characteristic of **professional warfighters**, occasionally the challenges, stress, or grief may feel overwhelming and can result in suicidal thoughts. We must teach our personnel to engage help-seeking services early, before problems worsen to the point of suicide. Life can be hard, but there are no challenges we cannot overcome with help from our fellow service members and from the many dedicated professionals who support us.

As the Commanding Officer of Combat Logistics Battalion 22, I take personal responsibility for establishing an environment where every individual – without hesitation – knows his or her leaders are eager to help solve problems without judgment or retribution. 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 a sign of weakness, but a trait of a strong, committed individual who knows his or her shortcomings and seeks self-improvement. Similarly, engaged leaders know their Marines and Sailors and step-in to render aid and assistance, so that the team grows in faith, strength, and knowledge across all aspects of their lives; physical, mental, moral.

If you suspect one of our own needs help, asking them if they need assistance and alerting the chain of command is your responsibility. We use the “R.A.C.E.” method to help encourage engagement with another:

- R = Recognize suicide warning signs
- A = Ask one another about suicide
- C = Care for one another through listening and support
- E = Escort the individual to help

Suicide prevention is a responsibility we all share. Every person in this command should know the four leading causes of suicide: relationship issues, work-related difficulties, financial issues, and legal problems. Learn to identify suicide warning signs, such as withdrawing from family and friends, experiencing dramatic mood changes, abusing alcohol or drugs, feeling excessive guilt, and declining work and/or school performance. Our personnel must understand that knowing when to seek support is a sign of strength.

All Marines, Sailors, and civilians should be familiar with the below resources available to assist with battling distress, depression, or thoughts of suicide.

- The Chain of Command
- The Suicide Prevention Program Officer, **1stLt Pavlo (MT Plt) or SSgt Scruggs (Supply)**
- The Chaplain, **LT Brant 910-467-3496**
- OSCAR Team Members, **Available in each section/platoon**
- D-STRESS Line **1-877-476-7734 (anonymous & 24/7)**
- National Suicide Prevention Lifeline **1-800-273-TALK (8255)**

  
**S. P. MULLEN**  
Commanding Officer  
Combat Logistics Battalion 22