

MARINE AIRCRAFT GROUP 11  
SUICIDE PREVENTION POLICY



Our profession is challenging, and our operational tempo is aggressive. We often spend time away from family and loved ones which can add stress and anxiety to our lives. If you ever feel depressed or hopeless, please ask for help – your life is important, and I care about you. As humans we are designed to thrive in community; be comfortable and willing to seek help when you need it. We must also know our fellow Marines and Sailors and engage with compassion and empathy in times of need. I charge everyone in MAG-11 to take an active role in preventing suicide and assist each other with getting help when needed.

**If you need help Call or Text 988** - the national Suicide & Crisis Lifeline is available 24/7

Additional Resources available 24/7/365:

**Veterans Crisis Line:** <https://www.veteranscrisisline.net> / Text 838255 / Dial 988 then press 1

**Military One Source:** <https://www.militaryonesource.mil> / Call 800-342-9647

**MAG-11 Chaplain:** 858-307-4443 / Mobile: 858-967-3799

Loneliness is often a contributing factor to suicide. Cultivate meaningful relationships with your fellow Marines and Sailors and reach out to others who may feel alone. Our shared culture and esprit de corps unite us as a family. The closer we are to each other the stronger we become, mentally, emotionally, and physically. If you encounter anyone having suicidal thoughts stay with them until they are in a safe environment and receive professional help.

Every Marine and Sailor is priceless and essential to our shared success. Take care of each other and ask for help if you need it. Ensure every Marine and Sailor is aware of the various resources and hotlines available 24 hours a day to help in moments of crisis. My door is always open, and I am happy to talk and help in any way that I can.

Semper Fidelis,

A handwritten signature in black ink that reads "William J. Mitchell". The signature is written in a cursive style.

Col William J. Mitchell  
U.S. Marine Corps  
Commanding Officer, Marine Aircraft Group 11