



Marine Air Control Group 38 Commander's Suicide Prevention Statement



You are not alone.

Every Marine and Sailor is critical to our mission and to each other. Suicide leaves families, friends, and fellow Marines and Sailors carrying a weight that can never fully be lifted. We fight as a team. No one ever fights alone.

Our warfighting philosophy teaches that the strength of our organization is found in **trust** — the bond that allows us to act boldly and decisively in the face of uncertainty. Trust begins with knowing that you are valued, that you matter, and that help is always available. When we build that trust through empathy, honesty, and presence, we strengthen our formation from within.

Love, trust, and commitment are not abstract ideals — they are combat multipliers. Love for one another gives purpose to our service. Trust allows us to take initiative and rely on our brothers and sisters in the most demanding circumstances. Commitment binds us to the mission and to each other, ensuring that no Marine is ever left behind in body, mind, or spirit. This is how we fight; this is how we endure.

A unit that ignores mental fitness is not ready for combat. Leaders will remain alert for signs of distress: isolation, hopelessness, loss of confidence, or sudden withdrawal. Common risk factors — relationship stress, legal or financial trouble, substance abuse, or disciplinary issues — must be addressed early and compassionately.

When warning signs appear, we act. **Recognize, Ask, Care, Escort (R.A.C.E.)** is more than a checklist — it is an act of leadership and love. Recognize the signs. Ask the hard question. Care enough to listen. Escort your Marine or Sailor to help and never leave them to face it alone. In this, as in battle, decisive action saves lives.

Maneuver in the human domain means anticipating and outpacing crisis before it takes root. Leaders at every level will foster a climate where seeking help is seen as strength, not weakness. We will be proactive, not reactive — bound by love for our Marines and Sailors, trust in one another, and commitment to preserving the force. Our mission is to fight and win our Nation's battles — but that mission begins with protecting one another here and now. Every act of care strengthens our readiness. Every life saved preserves the trust upon which our Corps stands.

If you recognize warning signs or believe someone is in immediate danger, call the Chaplain for assistance. The MACG-38 Chaplain is LCDR Howe, USN. She can be reached at and she can be reached at 858-307-9592 (office), or at jennifer.howe@usmc.mil. After hours, there is always a chaplain on duty at 858-864-4368 (Miramar), 760-470-7077 (Pendleton), or 928-269-2252 (Yuma).

Other resources available:

- 24 Hour Suicide Hotline: 1-800-273-8255 (TALK) or www.suicidepreventionlifeline.org
- Military OneSource: 1-800-342-9647 or www.militaryonesource.com
- DSTRESS: 877-476-7734 or www.dstressline.com
- Crisis Service helpline: 1-800-273-8255 or www.crisiscallcenter.org or text "ANSWER" to 839863

The MACG-38 Suicide Prevention Program Officer (SPPO), CWO3 Michael Bell Jr, can be reached at michael.s.bell1@usmc.mil or extension 858-307-7538.

Semper Fidelis,

E.J. O'Connell
Colonel, USMC
Commanding Officer

Reference: MCO 1720.2 Marine Corps Suicide Prevention Program (MCSP)