

Suicide Prevention Policy



Marine Wing Support Squadron 373 Marine Air Control Group 38



"We must create a community where seeking help and assistance are simply normal, important decision Marines and Sailors make."

**-General David Berger
38th Commandant of the Marine Corps**

Every Marine and Sailor serves a vital role in the defense of our nation. We cannot afford to lose one soul to suicide. We all have a responsibility to prevent suicide through leadership, camaraderie, and teamwork. Force Preservation Councils are vital to ensuring that appropriate communication, resources, and attention are applied to at risk individuals.

Mental health contributes directly to our mission readiness and success. Suicide prevention requires everyone's diligence to listen, act, and report. Take action if you see, hear, or think someone is talking about or contemplating suicide. Do not be a bystander. Never leave a person alone and get help immediately. If you are experiencing suicidal thoughts or thoughts of self-harm then please seek help immediately. The professionals, counselors, providers, and leadership are standing by to offer assistance or just listen. Suicide affects all of us and our families; this is a team effort and we are in this together. No one will be left behind. There is always hope.

Your chain of command can provide assistance and resources if you need to talk. The Marine or Sailor to your left and right will help. Our Navy Chaplains are always available and provide confidentiality. Additional available resources include Marine & Family Life counselors, medical providers, Marine Corps Community Services counseling centers, the 24-hour National Suicide Prevention Lifeline (800-273-8255 or text 838255), VeteransCrisisLine.net, or Military One Source line at 1-800-342-9647 (<https://www.usmc-mccs.org/services/support/military-onesource/>).

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