



**MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER
BRIDGEPORT, CA**



Commanding Officer's Policy on Suicide Prevention
"Mission Excellence Through People"

"Deaths by suicide & other non-fatal suicide-related events often occur in association with stressors such as relationship stressors, work-related stressors, pending disciplinary action, and illness such as depression, and in association with periods of transition in duty status and between duty stations, The Marine Corps Suicide Prevention Program (MCSPP) emphasizes the importance of leadership for early identification and intervention." —MCO 1720.2A

Every Marine, Sailor, Civilian, Contractor, and Family Member is an invaluable member of the MCMWTC family. Each contributes in their own special way to mission accomplishment and the cohesion of our tightknit community. Because of our small size, isolation, and closeness, the loss of any member of our special family can be devastating—particularly if it is by suicide— perhaps the most damaging and tragic type of death.

The impulse of the moment, mixed with alcohol, and easy access to guns can lead to fatal consequences. For this reason, it is imperative that all gun owners in our community properly secure their weapons. Moreover, we need to drink responsibly. If a suicide attempt does occur within in our community, it needs to be handled delicately so that it does not inspire "copycat" actions, most importantly, we need to look out for each other and be aware of the warning signs of suicidal ideations. Never leaving a Marine behind extends beyond the battlefield to our work places and homes where we must care for each other as we do in combat.

Everyone is encouraged to reach out if they are in trouble and suffering. We must foster an environment where asking for help is not meet with ridicule or dismissed, but rather compassion and concern. Any lingering stigma that comes with seeking assistance for suicidal thoughts must be eradicated at all levels. Anyone who reaches out for assistance will be treated humanely and reintegrated into our community in a manner that best suits their needs, and we will make every effort to reduce or eliminate any triggers that may cause them to commit an irreversible act. At the very least, we must all remember the acronym RACE:

- **Recognize** - see the signs that someone is in distress,
- **Ask** - Ask if they are alright or are thinking of harming themselves.
- **Care** - Show that you care for them.
- **Escort** - Make them feel safe and ensure that they are never left alone until they have professional help.

If you or someone whom you know is contemplating suicide, seek out assistance through the chain of command, or call the National Suicide Prevention Lifeline at 800-273-TALK (8255), the DSTRESS hotline at 877-476-7743, or the Installation Chaplain at 760-932-1630.

Semper Fidelis,

A handwritten signature in black ink, appearing to read "R. D. Storer".

**R. D. STORER
COMMANDING OFFICER**