



## MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, CA



### Commanding Officer's Statement on Suicide Prevention

The well-being and mental health of every Marine, Sailor, service member, civilian, contractor, and family member at the Marine Corps Mountain Warfare Training Center are of utmost importance. Suicide identification and prevention is a critical aspect of our commitment to each other's safety and support.

Life is challenging, and life in the military compounds the challenges. Various stressors, such as relationship difficulties, work-related pressures, and personal obstacles, can contribute to desperate thoughts and behaviors. It is essential that we make the effort to recognize these stressors and address them proactively to prevent a permanent solution to a temporary problem.

MCMWTC is an environment where seeking help is encouraged and not stigmatized. Everyone should feel comfortable reaching out for assistance without fear of ridicule or dismissal. Reducing the stigma associated with mental health issues is vital in ensuring that those in need receive all the support they deserve. Anyone who expresses thoughts of harming themselves will be treated with compassion and respect, and efforts will be made to address the underlying issues contributing to their distress.

Our commitment to suicide prevention is embodied in the RACE acronym:

- Recognize: Be aware of the signs that someone is in distress.
- Ask: Engage with the person and ask if they are thinking of harming themselves.
- Care: Show genuine concern and care for their well-being.
- Escort: Ensure the person is not left alone and is taken to professional help immediately.

Support resources are readily available for anyone in need and the Installation Chaplain are all valuable resources for immediate assistance. Marines and team members must look out for each other. Everyone must be vigilant and proactive in identifying and supporting individuals who may be struggling.

In conclusion, suicide prevention is a collective responsibility that requires vigilance, compassion, and a commitment to each other's well-being. The installation and team are charged with fostering a supportive environment that heals and provides help. We will make every effort to keep every team member; Marine, Sailor, Service member, Government employee, and civilian in the fight to accomplish the mission and continue to ensure the health and safety of our entire community at the Marine Corps Mountain Warfare Training Center.

For immediate assistance, contact:  
The National Suicide & Crisis Lifeline: call or text 988  
Veterans Crisis Line: 1-800-273-8255  
Military OneSource Counseling: 1-877-476-7734

Semper Fidelis,

A handwritten signature in black ink, appearing to read "J. T. Doan".

J. T. DOAN  
COMMANDING OFFICER