



MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, CA

Commanding Officer's Statement on Suicide Prevention and Mental Fitness



The Marine Corps Mountain Warfare Training Center (MCMWTC) operates in an environment that is physically demanding, mentally challenging, and often isolating. High operational tempo, extreme weather, family separation, and limited access to outside support can place significant strain on Marines, Sailors, civilians, and their families. Maintaining mental fitness and personal resilience is essential to individual well-being and to the sustained readiness of this command.

Mental health is inseparable from operational performance. Fatigue, stress, depression, anxiety, and unresolved personal challenges degrade judgment, reduce effectiveness, and increase risk. Left unaddressed, these conditions can lead to serious injury, misconduct, or loss of life. At this command, taking care of mental health is a professional responsibility, not a personal weakness.

Leaders at every level are responsible for knowing their people, recognizing changes in behavior, and intervening early when concerns arise. Officers, staff noncommissioned officers, and civilian supervisors will actively foster open communication, build trust within their teams, and ensure that Marines and civilians feel safe seeking help. Leaders will not dismiss warning signs, minimize concerns, or defer action when someone is struggling.

Every member of this command has a responsibility to look out for one another. If you observe a teammate experiencing distress, isolation, or significant behavioral changes, you are expected to engage, listen, and connect them with appropriate support. Bystander intervention, peer support, and genuine concern save lives. Ignoring warning signs or assuming "someone else will handle it" is unacceptable.

This command is fully committed to providing accessible and confidential support through medical providers, behavioral health professionals, chaplains, Military and Family Life Counselors, and other support services. Leaders will ensure that personnel are aware of these resources and that seeking assistance does not result in stigma, retaliation, or negative career impact. Early engagement strengthens individuals, families, and the force.

Resilience, professionalism, and mutual support define the culture of the Marine Corps Mountain Warfare Training Center. We will continue to build an environment where every Marine, Sailor, and civilian feels valued, supported, and empowered to seek help when needed. By taking care of ourselves and each other, we preserve readiness, protect lives, and uphold the trust placed in this command.

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 "C. E. Loomis Jr.", written over a horizontal line.

C. E. LOOMIS JR.
COMMANDING OFFICER