

NEVER LEAVE A MARINE BEHIND

Suicide Prevention **R.A.C.E.**

Recognize distress in your Marine

- Note changes in personality, emotions, or behavior.
- Note withdrawal from co-workers, friends and family.
- Note changes in eating and sleeping patterns.

Ask your Marine

- Calmly question about distress you observed.
- If necessary, directly ask the question:

“Are you thinking about killing yourself?”

Care for your Marine

- Actively listen, don't judge.
- Peacefully control the situation.
- Do not use force; keep everyone safe.

Escort your Marine

- Never leave your buddy alone.
- Escort to chain of command, chaplain, medical or behavioral health professional.

TO CONTACT FOR HELP

National Suicide Prevention Hotline
1-800-273-TALK (8255)