

MARINE AVIATION LOGISTICS SQUADRON 29
COMMANDER'S GUIDANCE ON SUICIDE PREVENTION AND AWARENESS



As United States Marines, we have chosen to pursue a challenging, exciting, and dynamic way of life. Along with the choice to serve comes acceptance of challenges unique to the Marine Corps lifestyle. These unique challenges include occasional separation from loved ones, stress on personal relationships, demanding work, and high professional standards.

Although we normally face these challenges with the indomitable spirit characteristic of Marines, occasionally the challenges, stress, or grief may feel overwhelming and can result in suicidal thoughts. I want all Marines of MALS-29 to know that there are no challenges we cannot overcome with help from our fellow Wolverines, or from the many dedicated professionals who support us. **Whatever the challenge, help is available. Suicide is never the right answer.**

As stated in my Command Philosophy, **every one of us matters, and we will take care of each other. If you are in need of help, asking for help is not a weakness.** If you suspect one of our fellow Marines may need help, asking them if they need help and alerting the chain of command is your responsibility.

We will take the "T.E.A.M." approach to suicide prevention:

- T** = Take the Threats Seriously! Do not leave a Marine alone in the fight.
E = Ensure Safety! Ensure the person in crisis is not a threat to themselves or others.
A = Ask Questions! Find out as much information as you can and stay engaged.
M = Make others aware! The primary task of intervention is to get help immediately.

(Additional information on the "T.E.A.M." approach to suicide prevention can be found in the 2d MAW Policy Letter 06-10).

Suicide prevention is a responsibility we all share. We must be tuned into the risk factors, alert for indicators, and prepared to intervene rapidly when necessary. By recognizing the four leading causes of suicide (*relationship issues, work-related performance difficulties, financial issues, and legal problems*), identifying the warning signs, and encouraging Marines to seek help, most suicides can be prevented.

Lastly, I want all Wolverines to be aware that the below resources are available to assist with battling distress, depression, or thoughts of suicide.

- The Chain of Command
- The Squadron Suicide Prevention and Awareness Officer
- The MAG-29 Chaplain (449-7560/7561)
- Military OneSource 24/7 (800-342-9647)
- National Suicide Prevention Website (www.usmc-mccs.org/suicideprevent)
- Leaders' Guide for Managing Marines in Distress (www.usmc-mccs.org/leadersguide)
- Marine Corps Community Services (MCCS) Counselors

Semper Fidelis,

A handwritten signature in black ink, appearing to read "Robert L. Wisner".

ROBERT L. WISER

Lieutenant Colonel, U.S. Marine Corps
Commanding Officer