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COMMUNICATOR

BY THE NUMBERS

* As of February 15, 2016



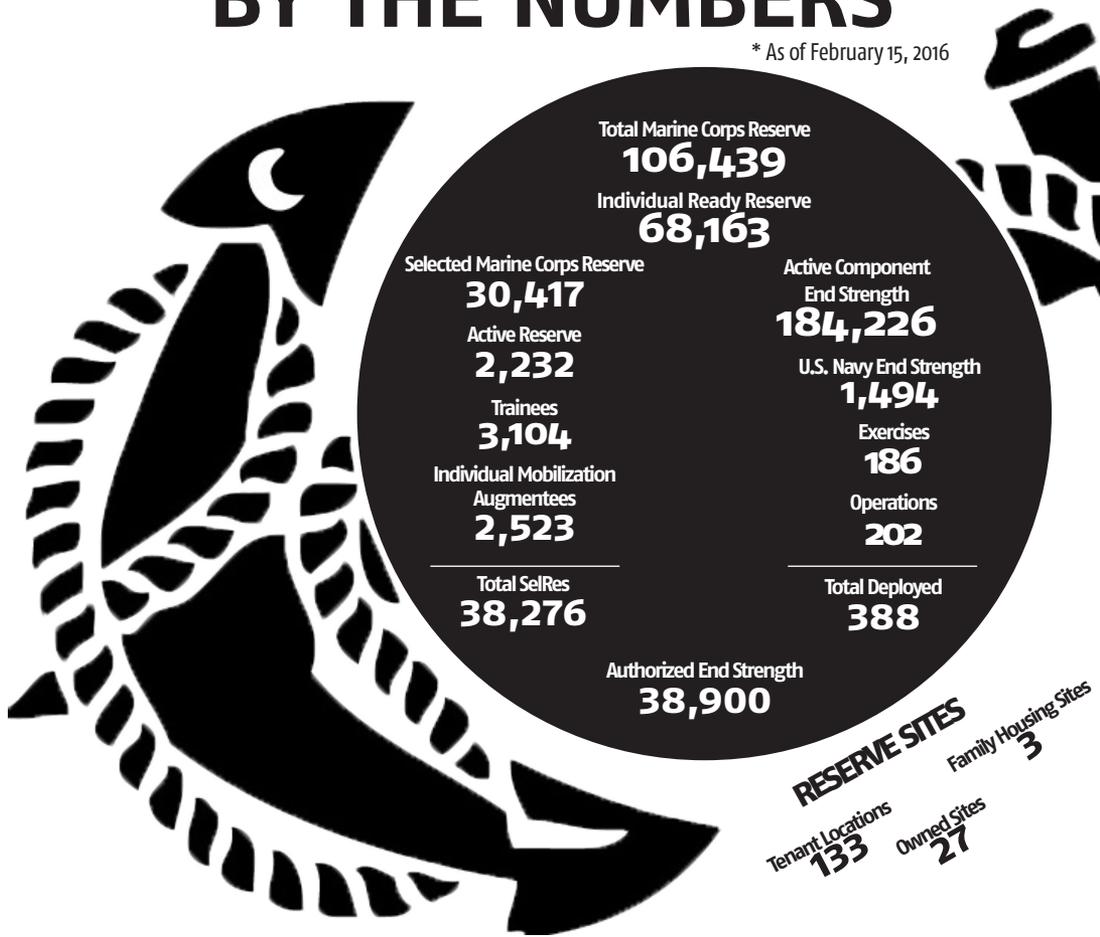
LT. GEN. REX C. MCMILLIAN

Commander, Marine Forces Reserve

As Marines, we pride ourselves on taking care of our own. We never leave Marines behind on the battlefield or in garrison. Suicide is an ongoing epidemic within our ranks that takes a tremendous toll on our mission readiness. There are many aspects to suicide prevention, but I want to focus on the need to seek help.

Let me be clear: Seeking help is not a career killer. Seeking help saves your career, and more importantly, it can save your life or that of another Marine. A great majority of Reserve Marines do not live near a major base or station. Help is still available.

I expect all of our leaders to foster an environment in which our Marines and Sailors not only understand what information and resources are available, but one in which seeking help is considered a sign of strength. A single suicide is one too many. Semper Fidelis.



RESERVE SITES
 Tenant Locations **133**
 Owned Sites **27**
 Family Housing Sites **3**

Click on the names below to view the bios and photos

LEADERSHIP

Secretary of the Navy
 Commandant of the Marine Corps
 Assistant Commandant
 Sergeant Major of the Marine Corps
 Commander, Marine Forces Reserve
 Executive Director, Marine Forces Reserve

Hon. Ray Mabus
 Gen. Robert B. Neller
 Gen. John M. Paxton, Jr.
 Sgt. Maj. Ronald L. Green
 Lt. Gen. Rex C. McMillian
 Mr. Gregg T. Habel

Sergeant Major, Marine Forces Reserve
 Command Master Chief, Marine Forces Reserve
 4th Marine Division
 4th Marine Aircraft Wing
 4th Marine Logistics Group
 Force Headquarters Group

Sgt. Maj. Anthony A. Spadaro
 CMDCM Christopher D. Kotz
 Brig. Gen. Paul K. Lebidine
 Maj. Gen. William T. Collins
 Brig. Gen. Patrick J. Hermesmann
 Brig. Gen. Helen G. Pratt



SUICIDE

SEEKING HELP IS A SIGN OF STRENGTH

FACTS

- Nearly 30,000 Americans commit suicide every year.
- Suicide is the 3rd leading cause of death for 15- to 24-year-olds and 2nd for 24- to 35-year-olds.
- On average, 1 person commits suicide every 16.2 minutes.
- There is 1 suicide for every 25 attempted suicides.
- Suicides among active-duty personnel almost equals one a day, or 349 a year.
- 22 military veterans commit suicide every day.
- More United States military personnel have died from suicide than have been killed in Afghanistan since 2001.

WARNING SIGNS

- Talking about dying
- Preparing to die (giving away belongings, saying goodbye to family and friends)
- Looking for ways to die
- Change in personality or emotions, behaviors, sleep patterns, or eating habits
- Low self-esteem
- No hope for the future

DO YOUR PART

- Ask open-ended questions, e.g., "How are things going?"
 - Lend support/be willing to listen
 - Share your concern for their well-being
 - Remove any weapons, pills or rope
 - Do not leave the Marine alone
 - Seek professional help right away
- * The most important thing to do if you are concerned or recognize warning signs is to **TAKE ACTION**. If a buddy is suicidal you may not get a second chance to save the Marine's life.

R.A.C.E. SUICIDE ALERT

Recognize distress in your Marine

Note changes in personality, emotions or behavior.

Ask your Marine

Calmly question and if necessary ask directly, "Are you thinking about killing yourself?"

Care for your Marine

Don't judge, control the situation peacefully and keep everyone safe.

Escort your Marine

Stay with your buddy and escort to chain of command chaplain, medical, or behavioral health professional.

SEEK OUT HELP

Chain of Command

Talk to your appointed Suicide Prevention Officer for your Marine unit, or contact the Chaplain at 504-697-8097. Your Chaplain is a confidential source of assistance that you can trust.

National Suicide Prevention Hotline

800-273-TALK (8255)

800-342-9647

Military OneSource

800-342-9647

DSTRESS Line

1-877-476-7734

877-476-7734 or www.dstressline.com

Resources are available to all Marines including active-duty, retired, Individual Ready Reserve, Active Reserve, Individual Mobilization Augmentees and Selected Marine Corps Reserve.

For additional information:

<http://www.mccsmcrd.com/MarineAndFamilyPrograms/BehavioralHealth/SuicidePrevention/index.html>

<https://www.dosomething.org/us/facts/11-facts-about-suicide>

<http://www.pbs.org/coming-back-with-wes-moore/about/facts/>