



Suicide Prevention Policy of the Commander, Marine Forces Reserve and Marine Forces North



“We will be vigilant, engaged, and proactive.”

Every Marine and Sailor is valuable. It is my goal, with your help, to reduce the number of suicides and suicide attempts to zero by providing each individual Marine and Sailor with the tools and resources necessary to help them become resilient.

A loss of an individual as a result of suicide is unacceptable. It does not have to be this way. With involved leadership, as well as informed Marines and Sailors at every level of the Command, an individual experiencing a life altering event or suffering from depression can be encouraged to seek help. The Marine Corps Suicide Prevention Program provides guidance for commanders on how to establish a successful program. The current training of record to help Marines and Sailors is the “Unit Marine Awareness and Prevention Integrated Training” (UMAPIT). This training equips all personnel with the knowledge to recognize the signs which could trigger an individual into committing an irreversible act. I expect all commanders to conduct this training, for all Marines and Sailors within their command, in a timely manner and that it should not be viewed as a single activity or training, but rather a continuous action.

Encourage all of your Marines and Sailors to seek help when needed. Remove the stigma that comes with seeking help for suicidal tendencies or thoughts. Dependent on the situation, implement an integration plan after a Marine or Sailor has sought help. Also, encourage all of the members of your command to be vigilant for one another and recognize the warning signs.

Families are also important. At every opportunity possible, involve your Marines and Sailors’ families by being observant when their loved one is experiencing a critical time in their lives which could push them into a suicide. Help them to recognize the warning signs and encourage them to notify the command and/or to seek help through available resources.

By properly implementing and utilizing the Force Preservation Council (FPC), the command will be able to identify Marines and Sailors who may be at-risk and provide them with the proper help or treatment as needed. There are many resources at your disposal such as Veterans Affairs Medical Centers, Vets Centers, Psychological Health Outreach Program (PHOP), DStress line, and Military OneSource just to name a few.

Be vigilant, be engaged, be proactive. Your Marines and Sailors count on you. I count on you. Together we can save lives and help Marines and Sailors be available to their families and be ready for our Corps and Country.

Semper Fidelis,

Rex C. McMillian
Lieutenant General, U.S. Marine Corps
Commander