



4TH AIR NAVAL GUNFIRE LIAISON COMPANY

Suicide Prevention Policy

YOU are the most precious asset in this unit. You are a member of our **unit**, our **team**, our **family**. We cannot afford to lose you in combat, in a mishap, and I cannot bear the thought of losing any of you to suicide. Remember, in our **brotherhood/sisterhood**, we look out for one another, and we will **carry one another's packs** when necessary. I need every Marine to be on the lookout for their brothers and sisters and any sign or signal that makes you believe they may be in need of help. Look for external indications of problems or significant changes with an individual's immediate or extended family, changes in attitude or performance, aggressiveness, recklessness, or any other behavioral changes outside of the individual's established baseline, as well as purchasing a firearm that may be outside of their normal behavior, talking about death, or giving away possessions.

If you recognize any of these signs and signals in a fellow Marine, Sailor, or a member of their family, please ask them, "are you considering killing yourself?" If the answer is yes, do not leave that person alone and get them help immediately. If the answer is "no," you can still inform the Marine or Sailor's Chain of Command of your concerns, as well as provide the individual with resources available to assist them in dealing with stress **BEFORE** it become distress. Regardless, trust your instincts; **if you think something is wrong, do not keep your thoughts to yourself**. It is better to voice these concerns so that we may get them the help they need than to remain silent. Marines and Sailors have been saving each other's lives in combat since its inception, and this is no different. **Never leave a Marine or Sailor behind.**

If it is you that is struggling or thinking of killing yourself, please know that it is ok to ask for help. **Seeking help is a sign of strength** and know that everyone around you wants to help you. Please **do not resort to alcohol** as a coping mechanism or engage in behaviors/actions that can cause harm to yourself or others, as that only worsens the problem and will drive you deeper in to thoughts of despair. We have a mountain of resources available to help anyone dealing with stressors, duress, depression, or suicidal thoughts. These include leaders, medical professionals, counselors, the Chaplain, and resources like the Marine Intercept Program.

For any further information on resources that can be provided, please reference MCO 1720.2A which outlines the Marine Corps Suicide Prevention Program, or please use the following contacts:

Psychological Health Outreach Program (PHOP): (866) 578-PHOP (7467)
4th ANGLICO Medical Chief: CPO Avellan (904) 228-8077
Chaplain Lt Cordovez: (561) 281-8744
Suicide Prevention Program Officer: Sgt Strawn (813) 995-1013
Military OneSource 24 /7: (800) 342-9647
Suicide and Crisis Lifeline: Dial 988 or Text 838255
Lieutenant Colonel Busch (970) 250-9037

A handwritten signature in black ink, appearing to read "B. M. Busch".

B. M. BUSCH
Lieutenant Colonel, USMCR
Commanding Officer

A handwritten signature in black ink, appearing to read "W. F. Dammin".

W. F. DAMMIN
Lieutenant Colonel, USMC
Inspector-Instructor

A handwritten signature in black ink, appearing to read "M. D. Younger".

M. D. YOUNGER
Sergeant Major, USMCR
Senior Enlisted Advisor

A handwritten signature in black ink, appearing to read "A. R. Montano".

A. R. MONTANO
First Sergeant, USMC
Inspector-Instructor Senior Enlisted Leader