



UNITED STATES MARINE CORPS
MARINE DETACHMENT
6th ARMOR CAVALRY ROAD, BUILDING 8545
FORT GEORGE G. MEADE
FORT MEADE, MARYLAND 20755-5540

1700
CO
21 Aug 20

POLICY LETTER 04-20

From: Commanding Officer
To: Distribution List

Subj: SUICIDE PREVENTION

Ref: (a) MCO 1720.2

1. "We all have a role in suicide prevention: individual service members, unit leaders, families and mental health professionals. Every Marine and Sailor must work together to be engaged in each other's lives. Just as we talk about physical fitness, marksmanship, training and education - Marines must also be comfortable discussing life's struggles, mental wellness, and suicide. We must create a community where seeking help and assistance are simply normal, important decisions Marines and Sailors make."

~ General David H. Berger, Commandant of the Marine Corps

2. Protecting Marines is one of our top priorities as leaders. The loss of a Marine to suicide is senseless, painful, and avoidable. Prevention starts not just with understanding the warning signs and having a willingness to take immediate action, but by having honest and frank conversations about mental stress, trauma, suicide, and more importantly, mental wellness.

3. As we build relationships with one another, if you see, hear, or think anything implying someone has lost hope or is talking about suicide, swift action is necessary. Do not minimize the matter and do not promise you will keep it a secret. Get help immediately by informing someone who can provide assistance. Never leave a person alone who is even remotely contemplating suicide. Talk to him or her and let them know you care and want to help. It is YOUR responsibility to ensure the chain of command is notified.

4. We all have life struggles: work, finances, relationships, trauma, shame, guilt, or uncertainty about the future. If you are experiencing emotional stress, you will not be judged or thought of as weak by this command. We will take care of you. Do not hesitate to talk to someone. Suicide is never the solution to your problems. Remember, the Marine Corps is a team - have the courage to ask for help. Do not keep a problem to yourself.

5. Those Marines to your left and right are your brothers and sisters and are willing to help. Resources available include your chain-of-command, the Command Duty Officer, the Suicide Prevention Program Coordinator, Military Family Life Counselors, the DINFOS Chaplain, Ft. Meade Chaplain, and Kimbrough Ambulatory Care Center. Marines can also call 24 hours, 7 days a week the National Suicide Prevention Lifeline at 1-800-273-Talk(8255) or Military OneSource at 1-800-342-9647.

C. W. THOMAS

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