



## Marine Air Support Squadron 1 Commanding Officer's Suicide Prevention Policy Statement

There is nothing more impacting than the loss of a loved one, family member, friend, or colleague. What is more tragic is when the loss is the result of the senseless taking of one's own life. This is all too well understood for the family and friends that are left behind in sorrow and grieving, left wondering if there was anything that could have been done to save the life lost. Prevention starts with caring. It is not enough to simply say "I care." The individual at risk must know. This involves communication and trust across the chain of command. The harder part of the problem is to recognize the signs which perhaps seem tragically clear afterwards. The leadership issue at every level is to get to know the members of your unit and have the courage to ask and act when something doesn't seem right or someone is struggling. Hopefully the worst outcome of getting involved would be the misidentification and discovery that someone is not at risk. For any member at risk, know that there are always resources available and there is no shame in asking for help.

- Chain of Command
- Chaplain
- USMC Distress Hotline (877-476-7734)
- HQMC Suicide Prevention Website ([www.usmc-mccs.org/suicideprevention](http://www.usmc-mccs.org/suicideprevention))
- Leader's Guide for Managing Marines in Distress ([www.usmc-mccs.org/leadersguide](http://www.usmc-mccs.org/leadersguide))
- Marine Corps Community Services (MCCS) counselor for a particular area of distress

The Marine Corps is and must be a family organization if we hope to take on and defeat suicide. I am very proud to be part of an organization that understands the importance of taking care of people as well as the moral imperative on this issue. I know all Chieftains will hear the call to make a difference in the life of someone.

Alfred M. Sanchez  
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Commanding