



MARINE WING COMMUNICATIONS SQUADRON-28 COMMANDER'S SUICIDE PREVENTION STATEMENT



Being a United States Marine is an honor. Dawning the uniform of our Corps is a rush! To wake up and realize you work on a team of champions who have endured so much to be a part of this command is exciting. Too few people have the opportunity to live a life as full of pride and purpose as you! We are all truly fortunate to be here.

The loss of any of our team, for any reason, is severe. To lose them to suicide is devastating. The warfighters of this Squadron are asked to endure much to defend this nation. Like anything else that is stressed, all of us have a breaking point. We will avoid those breaking points and take care of ourselves and our teammates. This is a charter to everyone in this Squadron!

To prevent suicide we must understand and identify it and the resources that prevent it. I want every one of us to do the following:

1. All Marines will complete Unit Marine Awareness and Prevention Integration Training.
2. Every commander will implement a sponsorship program.
3. E-5s and below will add the following contacts to their phones:
 - a. Military One Source:----- **800-342-9647**
 - b. D-Stress Hotline:----- **877-476-7734**
 - c. National Suicide Prevention Lifeline:--- **800-273-8255**

This list is not exhaustive, but can it can provide an initial framework for a deeper appreciation of this issue and of the resources at our disposal to help one another.

Everyone in this command is precious. We cannot take each other for granted. All those who are feeling close to a breaking point have an obligation to themselves, their families, and their teammates to get the proper support to maintain their readiness and resilience. Likewise, anyone who sees a Marine in need of assistance (regardless of rank or position) has a responsibility to speak up and show that they care and that help is available. Genuine concern is our most valuable asset in this fight.

Semper Fidelis,

Dennis W. Katolin
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