

## 6TH MARINE CORPS DISTRICT COMMANDING OFFICER'S POLICY STATEMENT ON SUICIDE PREVENTION

People are our most valuable resource. We cannot accept losing a Marine, Sailor, civilian employee, applicant, or family member to suicide. Preventing suicide requires all of us to be proactive, empathetic, and to take a personal interest in the lives of others.



We share the responsibility to create an environment in which every individual is confident they will be treated with dignity and that leaders are approachable and willing to help them solve problems. We also share the responsibility to be vigilant, ready to ask difficult questions, identify at-risk individuals, and safely intervene when necessary to prevent suicide or destructive behaviors.

The acronym SMITR outlines steps we can take to mitigate the threat of suicide:

- (1) Strengthen: Develop unit cohesion and provide positive examples of effective stress management and foster an environment that promotes and cultivates mental wellness.
- (2) Mitigate: Provide awareness of the procedures in place to assist Marines, Sailors, and families in need of support, resources, and treatment.
- (3) Identify: Continuously monitor stressors and recognize when a fellow Marine, Sailor, and families is at risk for suicide or experiencing critical stressors or stress injuries.
- (4) Treat: Assist Marines, Sailors, and families in need of support, resources, and treatment and ensure access to care without judgement or stigma.
- (5) Reintegrate: Remain engaged with the Marine or Sailor and their family by providing assistance and resources to facilitate the Marine or Sailor's transition.

We all experience adversity and must find healthy ways to cope. Suicide is never the answer. If you need help, or know someone who does, use the resources available.

Suicide and Crisis Lifeline: Dial 988

DSTRESS Hotline: 1-877-476-7734

MCCS Clinical Counseling Center (MCAS Beaufort IPAC): 843-228-6126

MCRD Parris Island Branch Medical Clinic: 843-228-4237

Beaufort Naval Hospital Emergency Room: 843-228-5400

Military One Source 24-Hour Hotline: 1-800-342-9647

National Suicide Prevention Lifeline: 1-800-273-TALK

MCRD/ERR Force Preservation Office: 843-228-2704

MCCS Suicide Prevention: <https://southcarolina.usmc-mccs.org/marine-family-support/prevention-and-counseling/suicide-prevention>

A handwritten signature in black ink that reads "SE Stephan". The signature is stylized, with the "SE" being large and bold, and "Stephan" written in a cursive script.

SCOTT E. STEPHAN  
COLONEL, USMC  
COMMANDING OFFICER