



## MARINE CORPS AIR STATION BEAUFORT SUICIDE PREVENTION POLICY STATEMENT



**Never give up on yourself if you feel overwhelmed! Talk to a friend, family member, our Chaplain or dial the national 988 Suicide and Crisis Lifeline.**

The threats to our mental well-being are persistent in the environment that we live and operate in every day. The pressure from immediate information exchange, whether via text, social media, or any of the many means we use to communicate amplifies the already present stressors in our lives. Additionally, we have some in our ranks who have suffered mental injury, be it from service, combat, or previous traumatic experiences.

Aboard our installation, it is absolutely normal and expected to seek and gain assistance or treatment when one's mental well-being is threatened. If you or anyone else observe someone in distress, you have a responsibility to engage and get that individual to help immediately. This is how we will operate aboard Marine Corps Air Station Beaufort – **ALWAYS**.

If you are undergoing significant stress, **YOU ARE NOT ALONE**. You are an integral part of this installation and your fellow Marines and Sailors care about you. We are ready to assist and will everything do everything possible to help you.

Marine Corps Air Station Beaufort has many resources to assist you or your teammates in order to overcome any challenge.

Thank you for your service to our Country, Corps and the Tri-Command community. I look forward to joining you in celebration of your successes. Effective suicide prevention is not a by product of a singular training event. It is only achieved through a comprehensive program that ultimately creates a unit where all personnel are trained on appropriate skills, aware of available resources, feel comfortable asking for help, and are comfortable engaging an individual in distress.

**If you see something, say something!**

A handwritten signature in black ink, which appears to read "Mark D. Bortnem".

Mark D. Bortnem  
Colonel, United States Marine Corps  
Commanding Officer