

## MARINE CORPS AIR STATION BEAUFORT SUICIDE PREVENTION POLICY STATEMENT



The strength of the Marine Corps lies in our unity and commitment to accomplishing the mission together. My goal, with your help, is to reduce suicides and suicide attempts to zero by ensuring every Marine and Sailor has the tools and resources needed to build resilience. The loss of even one individual to self-harm or other destructive behaviors profoundly impacts our readiness and morale. I urge each of you to intervene when you notice signs of depression, self-isolation, or distress in those around you.

<u>Strengthen</u>: Leadership is our most powerful asset in suicide prevention. Preserving our most valuable resource—the individual Marine, Sailor, and civilian—is essential to mission success. Through genuine, caring leadership, we foster an environment where seeking help for stress or depression is encouraged and free from stigma or reprisal. Know yourself, your Marines, and your Sailors.

<u>Mitigate</u>: We must cultivate a command climate that empowers leaders at every level to care for the mental, physical, spiritual, and social well-being of our Marines, Sailors, and their families. Proactively understanding and addressing stressors increases readiness, preserves our force, and promotes long-term health. Everyone at the Air Station has a role in managing stress for themselves and supporting others.

<u>Identify</u>: Early identification and intervention are vital. Educate yourself and your team on the warning signs of crisis and take action before small issues escalate. Prompt intervention can prevent suicide attempts and save lives.

<u>Treat</u>: Taking action starts with self-care, leadership engagement, and peer support. Numerous resources are available to help you stay resilient or recover from setbacks. If you feel overwhelmed, seek help immediately—from a battle buddy, leader, chaplain, or medical provider. There is always hope, and our command stands ready to support you.

<u>Reintegrate</u>: After a suicide-related event, leaders at all levels must support the smooth reintegration of Marines and Sailors—whether returning to the unit, transitioning to a new duty station, or moving to civilian life.

Our mission is too important and our people too valuable to let suicide or self-harm diminish our strength. Together, through vigilance, compassion, and decisive leadership, we can foster a climate where every Marine and Sailor feels supported, connected, and empowered to seek help when needed.

If you see something, say something!

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