



**FLEET MARINE FORCE, ATLANTIC, MARINE FORCES
COMMAND, MARINE FORCES NORTHERN COMMAND
FORCE PRESERVATION AND SUICIDE PREVENTION
PROGRAM POLICY STATEMENT**

The strength of the Marine Corps comes from each individual working together to accomplish the mission. This means that we can only develop a more resilient, ready force if we act and help each other. It is my goal, with your help, to reduce the number of completed suicides and suicide attempts to zero by providing each individual Marine and Sailor with the tools and resources necessary to help them become resilient. I believe that the loss of a single person due to self-harm or other destructive behaviors negatively affects our readiness and our morale. I ask each of you to intervene when you see symptoms of depression and self-isolation.

Strengthen. Leadership is the prominent resource in preventing suicide. Preserving our most valuable resource – the individual Marine, Sailor, and civilian – is our most important duties. It is only through genuine concerned leadership that we will maintain a climate where Marines and Sailors can seek assistance for stress and depression without fear of stigma or reprisal. This means know yourself, your Marines, and Sailors. Every Marine and Sailor within the command shall attend Unit Marine Awareness and Prevention Integrated Training (UMAPIT) once every calendar year; and attend safeTalk and Applied Suicide Intervention Skills Training (ASIST).

Mitigate. We must establish a command climate that provides subordinate leadership with the latitude to care for the mental, physical, spiritual, and social health and readiness of our Marines, Sailors, and their families. Understanding stress reactions and proactively addressing stressors increases mission readiness, preserves the force, and promotes long-term health. All Marines must find ways to address stress for themselves, their fellow Marines, Sailors, and family members.

Identify. It is vital to promptly identify and address signs of crisis in those around us. Educate yourself and others on what someone in crisis might look like and intervene before small problems turn into larger catalysts that lead to suicide attempts or completed suicides.

Treat. Treatment is about taking specific action, beginning with self-care, leadership, and peer support. There is a plethora of resources available at our disposal. I implore you to utilize these resources to stay in and get back into the fight. If you are feeling overwhelmed due to your life stressors, you should seek help immediately from your battle buddy, leadership, Chaplain, or medical providers. There is always hope. We need you here, with us, to fight the good fight. Please use the Veterans Crisis Line at 988 (then press 1), visit www.veteranscrisisline.net or text 838255 to receive 24/7, confidential crisis support. We as a command are here to support you in your time of need.

Remain Semper Fidelis!

R. L. SHEA
Lieutenant General, U.S. Marine Corps
Commanding General, Fleet Marine Forces, Atlantic
Commander, Marine Forces Command
Commander, Marine Forces Northern Command