



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

Preserving our most valuable resource - the individual Marine, Sailor, and civilian, is one of our most important duties. **We are responsible to each other, to our Corps, and to our country to take care of one another** and foster positive behaviors that lift all members of our service up.

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.

Every member of Fleet Marine Force, Atlantic, Marine Forces Command, Marine Forces Northern Command, will maximize force preservation and readiness through prevention, identification, and early intervention of combat and operational stress.

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 and every one of you to intervene when you see symptoms of depression and self-isolation.

Understanding stress reactions and proactively addressing stressors increases mission readiness, preserves the force and promotes the long-term health of our Marines. All Marines must find ways to address stress for themselves, their fellow Marines, and family in order to promote psychological resilience.

I expect each command to **re-invigorate their Operational Stress Control and Readiness (OSCAR) Teams** to assist in maintaining our warfighting capabilities by addressing the impacts of stress on the unit. Each command team will also **fully participate in command Force Preservation Councils (FPCs)** to ensure that all Marines and assigned Sailors in your charge receive the full complement of resources required to help them through tough times.

If you are feeling overwhelmed due to your life stressors you should seek help immediately from your battle buddy, leadership, Chaplain, or your medical staff. There is always hope and we need you here, with us, to fight the good fight. Please also use the **Veterans Crisis Line at 988 (then press 1) or text 838255 to receive 24/7, confidential crisis support.** Please do not choose a permanent solution for temporary problems.

"Marines take care of Marines..."

B. W. CAVANAUGH
Lieutenant General, U.S. Marine Corps
Commanding General, Fleet Marine Force, Atlantic
Commander, Marine Forces Command
Commander, Marine Forces Northern Command