



**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 all of us working together to accomplish the mission. To this end, it is my goal, with your help, to reduce the number of completed suicide and suicide attempts to zero by providing each Marine and Sailor with the tools and resources necessary to 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 vital to our mission. It is through genuine concerned leadership that we maintain a climate where Marines and Sailors can seek assistance for stress and depression without fear of stigma or reprisal. To do so, we must 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. Additional supplemental courses are safeTALK and Applied Suicide Intervention Skills Training (ASIST), both are designed to help individual Sailors and Marines understand what suicide is, how to recognize those thoughts and behaviors in other people and practice specific ways to intervene.

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 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 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.

Reintegrate. Leaders at all levels will take actions following a suicide-related event to ease transition of our Marines back into the workplace, another duty station, or civilian life.

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