



CAMP MUJUK COMMANDING OFFICER'S SUICIDE PREVENTION POLICY



Protecting our Marines and Sailors is one of our top priorities as leaders. The loss of anyone to suicide is senseless, painful, and avoidable. Prevention starts with understanding the warning signs and having a willingness to take immediate action.

If you ever hear someone talk about suicide – always assume they are serious. Never ignore the call for help and never keep it a secret. Get help immediately by informing someone that is in the position to provide assistance. Never leave a person alone who may even be remotely contemplating suicide. Talk to the Marine or Sailor and let them know that you care and you want to help. It is **YOUR** responsibility to ensure the chain of command is notified.

If you are experiencing emotional stress, you will not be judged or thought of as weak by this command. We will take care of you. Do not hesitate to talk to someone. Suicide is never the solution to your problems. Remember that no Marine is a one-man fighting hole – have the courage to ask for help. Do not keep a problem to yourself.

Those Marines and Sailors to your left and right are your brothers and sisters and are willing to help. Resources available to you include the Command Duty Officer, your chain-of-command, the Suicide Prevention Program Coordinator, and the Camp Mujuk Chaplain. Marines can also call the National Suicide Prevention Lifeline at 1-800-273-TALK or Military OneSource at 1-800-342-9647, 24-hours / 7-days a week.

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