

Combat Logistics Regiment 2

Suicide Prevention Policy Statement



Mental resilience is a fundamental component to our warfighting capability. The environments where we have been called to serve are inherently stressful, so we must build the skills necessary to stay ready when we are called upon. Suicide Prevention is a team effort. We must rely on our OSCAR Team Members to provide peer support at all levels. Our decisions must support the core leader functions of **Strengthen, Mitigate, Identify, Treat, and Reintegrate.**

Strengthen in the Total Fitness domains: Body, Mind, Spirit, and Social. Strengthening these domains are skills and should be supported to the same degree as all other skills necessary for mission accomplishment.

Mitigate stressors to the highest degree possible. Create environments that support skill-building to increase warfighting effectiveness.

Identify stress reactions using the OSCAR Stress Continuum of “Ready,” “Reacting,” “Injured,” or “Ill.”

Treat the Marines and Sailors using Combat Operational Stress First Aid (COSFA) and coordinate with the resources.

Reintegrate Marines and Sailors back into their roles and get them back into the fight while eliminating stigma for mental health treatment.

If you feel like a fellow warrior may be in crisis, intervene with the crisis intervention steps (**R.A.C.E.**):

Recognize anomalies in your Marine or Sailor’s baseline behavior. As leaders it is important to know our people and identify anomalies.

Ask them, specifically and directly, “Are you thinking about killing yourself?” or “Are you thinking about suicide?”

Care with your words and actions. Active listening is a vital skill for all Marines and Sailors – practice this skill so you are ready when you are needed.

Escort them to help. Do not leave the Marine or Sailor in crisis alone.

Suicide impacts all levels of our organization. We cannot be a lethal force if we cannot rely on each other for help when we need it. Thank you for your service to this country, the Marine Corps, Combat Logistics Regiment 2, and each other. I am looking forward to our future together.

Semper Fidelis,

Joseph M. Garaux

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