

COMMANDING OFFICER'S STATEMENT ON SUICIDE PREVENTION



Suicide is a tragic loss to our loved ones, our unit, and our community! In our profession, feeling stressed or overwhelmed is not uncommon, and therefore it is encouraged to seek professional help. Every one of us is a critical part of this warfighting organization, and we owe it to ourselves, and to each other, to seek out assistance when needed.

As Marines, we are expected to always be ready for the next fight. This means being prepared both professionally and personally. Juggling work demands, family life, time with friends, and personal time can be taxing to one's mental health. This pressure is further amplified by constant stressors found in the online environment and from today's continuous information exchange via text, social media, etc.

Our Battalion places a high emphasis on our suicide prevention program. This effort comes in many forms, including conducting stress-management classes and providing specialized suicide prevention and intervention training for some of our Marines. Most importantly, stress management begins with you - be there for your fellow Marines in distress and get help for yourself when necessary.

It is critical that we are there for one another in times of need. Remember to always look out for the Marines around you. You might not know when someone is struggling, but make sure you are ready to lend a hand whenever and wherever you can.

In addition to being there for one another, we have an abundance of resources that we can also use to get help with our mental well-being. If you are feeling overwhelmed and are thinking about getting help, don't wait! It is better to get ahead of the game than to wait for a disaster to strike. Marines don't wait until they fail a PFT to then start working out. Likewise, do not wait until a tragedy happens to take care of your mental health. Remember that you are not alone. Your fellow Marines are here to support you. We are ready to assist and do everything we can to help you. Resources are available 24/7/365 via chat, text, or call, meaning help is available any time, any day, in whatever way is most accessible to you.

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MARINE CORPS LOGISTICS BASE ALBANY

Resources for you or a teammate:

DISTRESS Hotline (877) 476-7734
DoD Safe Helpline (877) 995-5247
Veteran's Crisis Line (800) 273-8255
Military OneSource 24-Hour Hotline (800) 342-9647
National Suicide Prevention Lifeline (800) 273-TALK

[Command Duty Officer \(229\) 639-5202](#)
[Community Counseling Center \(229\) 639-5252](#)
[Naval Branch Health Clinic Albany \(229\) 639-7886](#)
[Suicide Prevention Program Officer \(229\) 639-6073](#)
[Base Chaplain \(229\) 639-7426](#)