## **2d Network Battalion Suicide Prevention Policy**

Proficient - Ethical - Accountable - Loyal

PEOPLE are the soul of our Corps and our most precious resource. At 2d Network Battalion, we will seek help when we need it and encourage others to seek help when they need it—without fear or shame. Individual welfare is crucial to the Battalion's continued success. I want to encourage each of you to maintain strong ties with one another, family members, and friends—I'm counting on you to support each other. Quite frankly, suicide is a complex issue. However, how we talk about suicide matters. Our goal is to prevent suicide by finding positive ways to cope, receiving internal support, and attaining treatment from the most appropriate resources available.

Strengthen – Develop healthy stress responses through coordinated training skill development. Marines, Civilians, and their families should seek to effectively manage stress while recognizing that no one is immune to stress and its effects.

Mitigate – We mitigate through efforts to enable and inspire well managed stress responses. We will understand the importance of positive resiliency skills and model them throughout the organization. Never forego the opportunity to help someone work through a complex problem. ANYONE may be at risk.

Identify – Leaders continuously monitor stressors and are trained to recognize when co-workers are at risk. Make the time to actively listen. EVERY Marine and Civilian at 2d Network Battalion is important and directly contributes to the success of the mission. I need active and engaged leadership to identify those teammates who may be working through stressful situations and reach out a hand.

Once identified, there are many resources available to help manage the negative impacts of stress. These resources may include, but are not limited to: Military Crisis Line, Military OneSource, MCCS: Community Counseling, MAPIT/UMAPIT Facilitator Guides, Wounded Warrior Regiment, and many others.

Treat – We will ensure that Marines and Civilians within 2d Network Battalion receive full and adequate course of treatment if it should be required. There will be no stigma associated with receiving care. Ensuring our teammates get help is worth the time and effort. Should this be required, it will demand your full attention.

Reintegrate - Appropriate reintegration after a suicide related event is vital. Leadership is directly responsible for their teams. This is a sacred trust. We will ensure that any reintegration required, whether back into the workplace, transition to another duty, or moving on to a different phase of life, is handled by focusing on providing all assistance and resources available.

Every member of the 2d Network Battalion team is essential. People are key to our mission readiness and overall unit performance. I encourage all members of the team to take advantage of all available resources.

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Commanding Officer