



2D COMBAT ENGINEER BATTALION COMMANDER'S SUICIDE PREVENTION POLICY STATEMENT



Suicide is one of the leading causes of death in the Marine Corps. Even one death by suicide is one too many. It is a tragic and preventable loss, causing untold grief and devastation to those left behind. Through engaged leadership, education and treatment of those in need, we can prevent the terrible tragedy of suicide from occurring within 2d CEB.

Engaged leadership - I expect all leaders within 2d CEB to take an active role in the lives of your Marines and Sailors. Always take decisive effective action when you see a Marine or Sailor in distress and never be afraid to ask the difficult questions about what is going on in their lives. Combat exposure, post-traumatic stress, substance abuse, misuse of prescription drugs, legal troubles, financial difficulties and relationship problems are often significant stressors that can have a devastating effect on the mental health of our personnel. Look for deeper issues for why they are not performing to standard or why their behavior, mood or habits have changed.

Education and Training – All too often we have Marines and Sailors who are experiencing significant emotional stress and do not know how to deal with it. Warning signs either go unnoticed or people fail to take appropriate action and lives are unnecessarily lost. As a result, I expect 100% compliance with all suicide awareness training. Educating our Marines and Sailors on the warning signs and what to do when they see someone in distress is critically important in preventing suicide among our ranks. Additionally, we must remove the stigma associated to seeking mental health assistance. Without reservation, the policy of this command is to maintain a climate where seeking help is not only encouraged, but expected.

Treatment – Getting Marines and Sailors to treatment should always be our primary goal when we discover they are experiencing significant stress in their lives. Military life counselors, the Chaplain, prevention specialists, and our mental health care professionals are here to assist. We all face complex challenges in life and sometimes everyone needs assistance. I encourage anyone who is experiencing significant stress in their lives to ask for help and utilize the resources available.

While the topic of suicide is often a very difficult subject to approach, not only for those in need but also for those who recognize the warning signs in others, I will tell you asking for help or providing help to others is one of the most courageous things a Marine or Sailor can do. Even one suicide in our command is one too many and is something we can prevent.

The Suicide Prevention Officer for 2d CEB is: 1stLt John Lundeen; the alternate Suicide Prevention Officer is: 1stLt Edward Budimier at (910) 451-3711. The Assistant Suicide Prevention Officer is 1stLt Scott Siska at (910) 450-6190.

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