



MARINE CORPS BASE HAWAII POLICY STATEMENT ON SUICIDE PREVENTION



When a person has lost all hope, believes there are no other options, and that there is no one there to support them; that person may think about suicide as an option. Please know, that there are other options and there are people who can and want to help. As a member of the Marine Corps Base Hawaii Ohana, there is never any shame or dishonor in asking for help. In most cases individuals who attempt suicide indicated that they needed help in the past. Early recognition and intervention by leadership and peers is essential in protecting and valuing the lives of each person on MCBH.

All are tasked with increasing suicide awareness by engaging in candid discussions regarding suicide prevention. Establish an environment where Marines and Sailors of all ranks are encouraged to ask for assistance in times of distress. Promote a climate and culture that reflects eagerness to provide help without judgement or repercussions.




The best thing we can do if we are worried about someone attempting suicide is to tell them we are concerned, ask them if they are thinking about death and get them help from their chain of command, professionals, family members, and friends. Remember that we are responsible and accountable for each other. The following is a list of possible indications that a Marine or Sailor may be contemplating suicide:

- Talking about dying, disappearing, or harming oneself
- Giving away ones' belongings
- Seeking information about how to die and looking to obtain means to commit suicide
- Loss of activities previously enjoyed
- Loss of a relationship, job, or money
- Facing a situation of humiliation or failure
- A sudden, unexpected switch in personality or emotions
- Tempting fate by taking reckless or impulsive risks that could lead to death
- Insomnia, often with early waking or oversleeping, and nightmares
- Loss of appetite and weight, or overeating
- Feeling worthless, shame, overwhelming guilt, or self-hatred
- Expressing a sense of hopelessness

If you are in need of help, just need to talk, or know someone who may be contemplating suicide, seek assistance through your chain of command, or any of the following confidential avenues which provide 24-hour support:

- Command Duty Chaplain at (808) 927-8583
- National Suicide Prevention Lifeline at 1-800-273-TALK
- Veterans Crisis Line at 1-800-273-TALK (Press 1), text 838255, or chat online at veteranscrisisline.net
- DSTRESS hotline at 1-877-476-7734, or the website at: <http://www.dstressline.com>

The Marine Corps Community Services (MCCS) Community Counseling Program (CCP) has counselors available to assist active duty service members and dependents. Call our CCP counselors at (808) 257-7780 Monday through Friday from 0730 to 1600 for assistance.


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We Are MCBH &
We are ready today for the fight tonight