

Never Leave a Marine Behind



Suicide Prevention—RACE

Recognize distress in your Marine

- Note changes in personality, emotions, or behavior.
- Note withdrawal from co-workers, friends and family.
 - Note changes in eating and sleeping patterns.

Ask your Marine

- Calmly question about the distress you observed.
 - If necessary, ask the question directly:
“Are you thinking about killing yourself?”

Care for your Marine

- Actively listen, don't judge.
- Peacefully control the situation;
Do not use force; keep everyone safe.

Escort your Marine

- Never leave your buddy alone.
- Escort to chain of command, chaplain, medical, or behavioral health professional.

To Contact for Help

National Suicide Prevention Hotline
1-800-273-TALK (8255)

- Chaplain
- Medical
- Mental Health
- Command

