



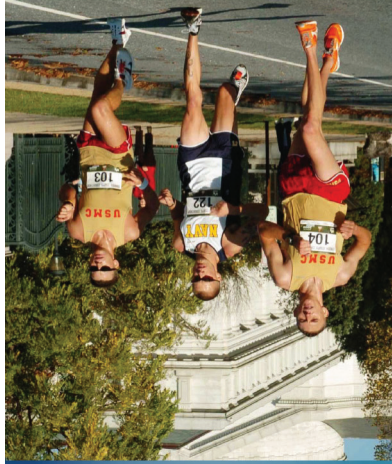
**R.A.C.F.**  
Suicide  
Prevention  
MARINES




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**NEVER  
LEAVE A  
MARINE  
BEHIND**

[www.usmc-mccs.org/suicideprevent](http://www.usmc-mccs.org/suicideprevent)  
PCN:50100435000  
Distribution Statement A: Approved for public release; distribution is unlimited

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Chaplain:

Medical:

Beh Hlth:

Duty Off:

SgtMaj:



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

### Ask

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

### Care

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

### Escort

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

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# R. A. C. E.

The acronym R.A.C.E (Recognize, Ask, Care, Escort) summarizes the steps an individual should follow to take an active role in suicide prevention/intervention. The **R.A.C.E.** bi-fold is a card no bigger than your ID and can be put inside your shirt/blouse pocket or wallet. The purpose of the bi-fold is to educate Marines, their family members or friends about what steps to take if they notice an individual in distress.

## Tips on How to use the R.A.C.E. Acronym

### RECOGNIZE – THE SIGNS OF DISTRESS

- Note changes in personality, emotions or behavior
  - o Do you notice they tend to go out drinking more often than they did before?
  - o Do you notice they stopped going out as much as they did before?
  - o Do they have a tendency to “fly off the handle” about “small things”?
  - o Do they react differently than before to any type of stressor?
  - o Has their behavior resulted in administrative counseling or NJP?
- Note withdrawal from co-workers, friends and family
  - o Do they find reasons to work late or avoid spending time with family or friends?
  - o When asked by co-workers if they want to go have some fun do they constantly find reasons not to go?
- Note changes in eating or sleeping patterns
  - o Do they seem to sleep every chance they get or make excuses to not go to sleep?
  - o Have dark circles and red eyes become the daily norm?
- Warning signs are early indicators of heightened suicide risk. This might include:
  - o Planning a way to kill or harm themselves
  - o Seeking access to pills, weapons or other means
  - o Talking or writing about death, dying or suicide

### ASK – ABOUT THE SIGNS OF DISTRESS...AND SUICIDE IF APPROPRIATE

- Calmly question the person about the distress you observed:
  - o Understand that talking about these issues is a necessary step even though it is often uncomfortable for both people.
  - o Interact in a manner that communicates your genuine concern.
- If warning signs are present, you must ask about suicide:
  - o Ask directly: “Are you thinking about killing or harming yourself?”
  - o “Do you wish you were dead?”
- Asking the question is often just what the person needs to be able to talk about their thoughts or feelings to someone.

### CARE – ABOUT THE MARINE AND SHOW IT

- Actively listen, don't judge
  - o Nod your head and encourage the person to tell you more.
  - o Show them you care about what they are saying and that you are not passing judgment on their thoughts or feelings.
  - o Don't tell them they are wrong or right, stupid or selfish. It's their feelings. Just listen and stay with them.
- Peacefully control the situation;
  - o Accept that the situation is serious and deserving of attention

- Keep everyone feeling safe and secure.
- Do not attempt to use force to remove means of suicide.

### **ESCORT – THE PERSON TO SAFETY**

- Never leave an individual in distress by themselves
  - Do everything you can to encourage the individual to get help as quickly as possible
- Tell them you would like to escort them to the chain of command, chaplain, medical, a behavioral health specialist or professional with whom they would feel comfortable.
  - It is okay to let the Marine select the first stop.
- If the person states that they have been to see someone before or have been in treatment before but it wasn't successful
  - Try asking; "What if this is the time it does work?"
  - Suggesting that treatment or professional assistance might work affirms to the person that you have their best interest at heart and that there is hope.

Anyone experiencing suicidal thoughts should be referred to a health care provider who can evaluate their condition and provide treatment.

### **Tips on How to use the R.A.C.E. Bi-Fold**

The **inside front cover** of the bi-fold contains an area designed as a fillable PDF and should be tailored with specific installation/unit numbers to contact.

- Which numbers to put on the bi-fold:

**CHAPLAIN:** Insert the local telephone number for the command or installation chaplain. You may also ask Marines to write in an additional number for their local religious community leader.

**MEDICAL:** Insert the local telephone number for the Medical Treatment Facility, the Battalion/Squadron Aid Station, the command Doc. You may also ask Marines to write in the number for their primary care provider.

**BEH HLTH:** Insert the local telephone number for the Behavioral Healthcare Clinic. This is sometimes called the Mental Health Clinic. Select the best location for your command. Other options might include Marine and Family Services Counseling Center or the Deployment Health Clinic.

**DUTY OFF:** Insert the local telephone number for your 24/7 command duty office.

**SGTMAJ:** Insert the local telephone number for your command SgtMaj, 1<sup>st</sup>Sgt, or most recognized senior enlisted leader.

**\*\*KEEP IN MIND\*\***Contact numbers provided on the bi-fold should be the most recognizable/comfortable for you or your personnel to contact.

### **Tips on How to Reproduce the R.A.C.E. Bi-Fold**

This fillable PDF is available on the MCPEL/MCEFS CD, Headquarters Marine Corps Website (<http://www.marines.mil/unit/hqmc/mcfrmlib/pages/default.aspx>) and the Marine Corps Suicide Prevention Program website ([www.usmc-mccs.org/suicideprevent](http://www.usmc-mccs.org/suicideprevent)).

It can be downloaded, filled with local numbers and printed/cut/folded at the unit level.

- Recommend using heavy card stock when reproducing
- If large quantities are required by units, the local Civic or DAPS should be contacted to determine process for printing/cost.

Remember the bi-fold is only meant to provide guidelines for quickly seeking or getting help once an issue has been identified. It is not a substitute for professional care which is always required in the event of suicide risk.