Suicide Prevention—RACE

R(ecognize) 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.

A(sk) your Marine
- Calmly question about the distress you observed.
  - If necessary, ask the question directly:
    “Are you thinking about killing yourself?”

C(are) for your Marine
- Actively listen, don’t judge.
- Peacefully control the situation;
  Do not use force; keep everyone safe.

E(scort) 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