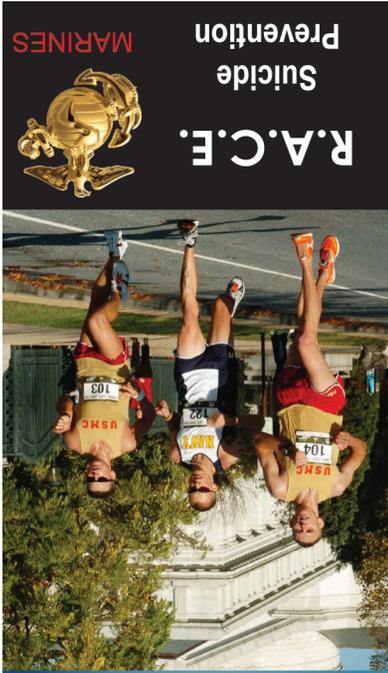


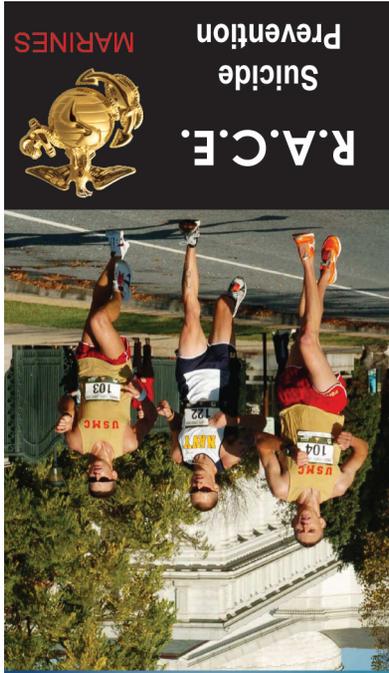
NEVER  
LEAVE A  
MARINE  
BEHIND

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



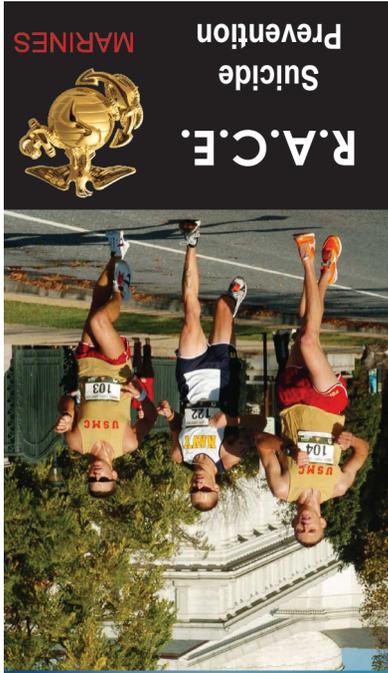
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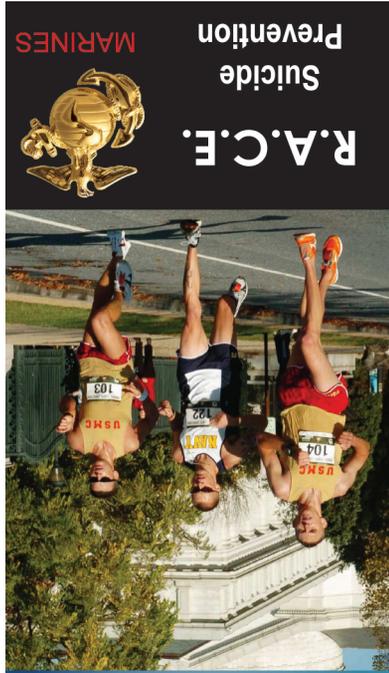
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## Contact for Help

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

Chaplain:

Medical:

Beh Hlth:

Duty Off:

SgtMaj:



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### Recognize distress

- 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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