



SUICIDE RISK FACTORS IN THE U.S. MARINE CORPS

The acronym **MARINES** may be used to help with the identification of high risk factors often associated with suicide in the Corps; and to assist with prevention and early intervention. Have the courage to help someone in need!

M **MOODY** - Marines who are experiencing rapid and dramatic mood swings – such as frequent anger, depression and nervousness – along with recent episodes of violent and impulsive behavior are at increased risk for self-harm.

A **ALCOHOL ABUSE** – Marines who abuse or are addicted to alcohol and/or drugs, including prescription medications, are at risk for suicide.

R **RELATIONSHIP LOSS** – Marines who have lost a romantic relationship or perceive that an important relationship is over are at risk for suicide. Those who are experiencing relationship problems are also at risk.

I **ISOLATED** – Marines who are withdrawn and who distance and isolate themselves from others may be at risk.

N **NERVOUS** – Marines who are feeling anxious, tense, scared, confused and vulnerable may be at risk for self-harm.

E **EMBARRASSMENT** – Marines who believe that they have been disgraced, humiliated or shamed in some way may be at risk.

S **SAD** – Marines who are sad, depressed, indifferent and pessimistic with feelings of hopelessness, helplessness and worthlessness are at risk for suicide.

TAKE ACTION and SAVE LIVES!