

# ENGAGING MARINES AND PROMOTING CONNECTEDNESS

## UNIT LEADER TIPS

**When someone feels connected to those around them and their environment - it reduces the risk of suicide. The Department of Defense's Connect to Protect: Support Is Within Reach campaign highlights the important role that connections to fellow Marines, leaders, family, friends, the community, and resources have in preventing suicide. The Combat and Operational Stress Control (COSC) Program and Operational Stress Control and Readiness (OSCAR) Teams can help promote connectedness. Unit leaders also play an important role. Unit leaders can strengthen connectedness by:**

- Spending time with their Marines, checking in to ask how they are doing, and encouraging them to spend time with peers.
- Effectively communicating with all members of the unit to ensure everyone stays in the loop.
- Planning activities that boost unit cohesion (e.g., unit hikes, obstacle course competitions, bowling nights).
- Engaging OSCAR Teams members to lead small group discussions on topics such as stress management, self-care, and problem-solving.
- Offering group volunteer opportunities to assist Marines in connecting with each other and the community.
- Encouraging eligible Marines to participate in Single Marine Program activities.

**For more information on unit cohesion and the five core leader functions (strengthen, mitigate, identify, treat, and reintegrate), read the COSC doctrine, [MCTP 3-30E](#).**

**FOR MORE INFORMATION, CONTACT YOUR REGIONAL COORDINATOR OR EMAIL: [HQMC\\_COSCC@USMC.MIL](mailto:HQMC_COSCC@USMC.MIL)**