



**DEPARTMENT OF THE NAVY**  
HEADQUARTERS UNITED STATES MARINE CORPS  
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WASHINGTON, DC 20350-3000

IN REPLY REFER TO:

CMC-MRR

**DEC 19 2005**

WHITE LETTER NO 08-05

From: Commandant of the Marine Corps  
To: All General Officers  
All Commanding Officers  
All Officers in Charge

Subj: COMBAT/OPERATIONAL STRESS CONTROL (COSC) PROGRAM

1. During the past three years with our Nation at war, I have seen Marines and their families demonstrate an impressive spirit, flexibility and resilience. They have performed brilliantly in some of the most demanding and stressful environments we have seen in some time. We have made every effort to provide them the necessary training, equipment and education in order to ensure success and mission accomplishment. We have also provided training programs, intervention programs and identified counseling services to help everyone better cope with combat/operational stress.
2. We will remain committed to developing and delivering robust and integrated programs that will help single Marines, married Marines and Marine families deal with the challenges of frequent deployments, long work hours, separations and combat.
3. The recently developed COSC Program spans pre-deployment, deployment, re-deployment and post-deployment phases. It includes training for leaders, units and families throughout the deployment cycle. The program stresses throughout that: "It's OK to ask for help in dealing with stress." I encourage each of you to aggressively incorporate this program into your training.
4. As Marine leaders, we have a responsibility to take care of all Marines and their families both on and off the battlefield. This responsibility includes helping Marines and their loved ones handle stress caused by today's high operational tempo, deployments, and service in combat. Success in this area depends on your active and involved leadership.
5. Semper Fi and Keep Attacking.

  
M. W. Hagee