

January 2022

UPPER PENNINSULA SUICIDE PREVENTION COALITION

A broad coalition of people and organizations across the UP working to increase awareness on ways to help prevent suicide

WELCOME!

This newsletter is a quarterly point of contact for those working on suicide prevention in the UP. Feel free to forward to anyone who might benefit from it. Email dial.help@dialhelp.org to join the coalition; joining is free and allows you to submit information that you'd like included in this newsletter.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition page: www.facebook.com/upspcoalition

We also have a website @ www.dialhelp.org/upsp



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MENTAL HEALTH RESOURCES

People feeling emotional distress due to the COVID-19 pandemic, get free, confidential support from a Michigan Stay Well counselor.

Dial 1-888-535-6136 and press "8" - available 24/7. or visit: Michigan.gov/StayWell

Our Mission

To "support, encourage, and empower all" by providing immediate, accessible, and affordable services to the communities we serve.

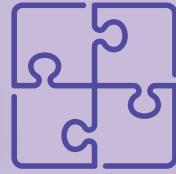


24/7 contact for those at risk of suicide

Call: 482-HELP or 800-562-7622
Text: 35NEEDS or 906-356-3337
Chat Online: www.dialhelp.org

2021 Suicide Prevention Summit

To equip practicing mental health professionals with global best-practice knowledge and skills on suicide prevention, thereby making a tangible reduction on suicide rates. Learn more or register online at: mentalhealthacademy.net/suicideprevention



mentalhealth academy



MENTAL HEALTH FIRST AID®

Free Virtual EMS/Fire

Mental Health First Aid (MHFA) Classes

To equip practicing mental health professionals with global best-practice knowledge and skills on suicide prevention, thereby making a tangible reduction on suicide rates. Learn more or register online at: mentalhealthacademy.net/suicideprevention

Free class for parents, caregivers, coaches, etc.

Guiding Good Choices (GGC) is a free family class for anyone who interacts with middle schoolers. It provides learning to improve communication and help youth develop resiliency. The class is six sessions of two hours each week. Get the skills you need to help the youth in your life thrive! Learn more and register at www.upctc.com/ggc



GUIDING GOOD CHOICES®

Third Thursday Community Grief Support Group

This program of Omega House is open to anyone who wants to process grief together. Enter in person at Omega House in Houghton (vaccinated and with a mask available), or Zoom (online or via phone) as you are and settle into a relaxed, safe environment of support and communication with each other. We grieve because we love and we do not have to be alone in our grief.

This group is facilitated by Omega House Grief Support Educator, Cynthia Drake. To receive more information, directions or log in and phone information: call or text Cynthia at: 906-370-6686 or emailing: cynthia.drake@omega-house.org

The facebook link for this event: <https://fb.me/e/1kEYs2OE8>



VIRTUAL
MEETINGS



**PARENTS HELPING PARENTS
in the Upper Peninsula of Michigan**

Join us for free, confidential and
informal parent support meetings!

For parents
concerned about their
kids who struggle with
anxiety, depression
and/or emotional
dysregulation.***

MEETING DATES FOR WINTER 2022

Wednesday, January 19th

Wednesday, February 16th

Wednesday, March 16th

Time: 6:30 - 8:00pm EST

Register at: <http://www.supportgroupscentral.com/ymhp>

For more information: upperpeninsulamipsn@ymhproject.org

NEW MEMBERS ALWAYS WELCOME!

*The term "Parents" is used to describe ANY adult caregiver, including guardians, parents, grandparents, foster or step-parents, of a young person between the ages of 0 and 24.

**ANY CHILD CAN STRUGGLE WITH EMOTIONAL, MENTAL OR BEHAVIORAL HEALTH AT ANY TIME; YOUR CHILD DOES NOT NEED TO HAVE A DIAGNOSIS IN ORDER FOR YOU TO BENEFIT FROM THE NETWORK.



A PROGRAM OF THE YOUTH MENTAL HEALTH PROJECT