

JANUARY 2021

UPPER PENINSULA SUICIDE PREVENTION COALITION

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



TAKE A BRIEF SURVEY ABOUT ADDICTION IN THE UP

Online at www.SUDfaceUP.org/surveys

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 Facebook page:

www.facebook.com/upspcoalition

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

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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



OUR MISSION

To “help people help themselves” by providing immediate, accessible, and affordable services to the communities we serve.

LOCAL NEWS & UPDATES

Free Virtual EMS/Fire Mental Health First Aid Classes

Mental Health First Aid for Fire and EMS focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their families' lives and the communities in which they live.



Learn more or register at www.BeyondtheSave.org/mhfa

Strengthen family bonds

GUIDING GOOD CHOICES

FREE VIRTUAL 6 WEEK WORKSHOP SERIES

Starting in January 2021, open to all Upper Peninsula Families!

Empowers parents & caregivers information to help youth meet challenges adolescence face.

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Kids will learn to resist peer pressure while maintaining friendships by participating in one session.

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Learn to set clear boundaries while maintaining positive family communication & connection.

Sign up with a friend

Dickinson Iron
Communities That Care

Great Lakes Recovery Centers
Behavioral Health Services

NorthCare Network

UP Coalition Network

Learn more or register at www.UPCNetwork.org/ggc



Week of February 7th

Join us virtually for Silent Snow Sports for Suicide Prevention by participating in any silent (non-motorized) outdoor winter activity. Combining aerobic activities with the outdoors can have positive effects on the mental health of the participant.

Register online for \$10 to receive a LIVE Face Mask at:
www.runsignup.com/Race/MI/Ishpeming/WESP

All proceeds will benefit West End Suicide Prevention and the LIVE Campaign.



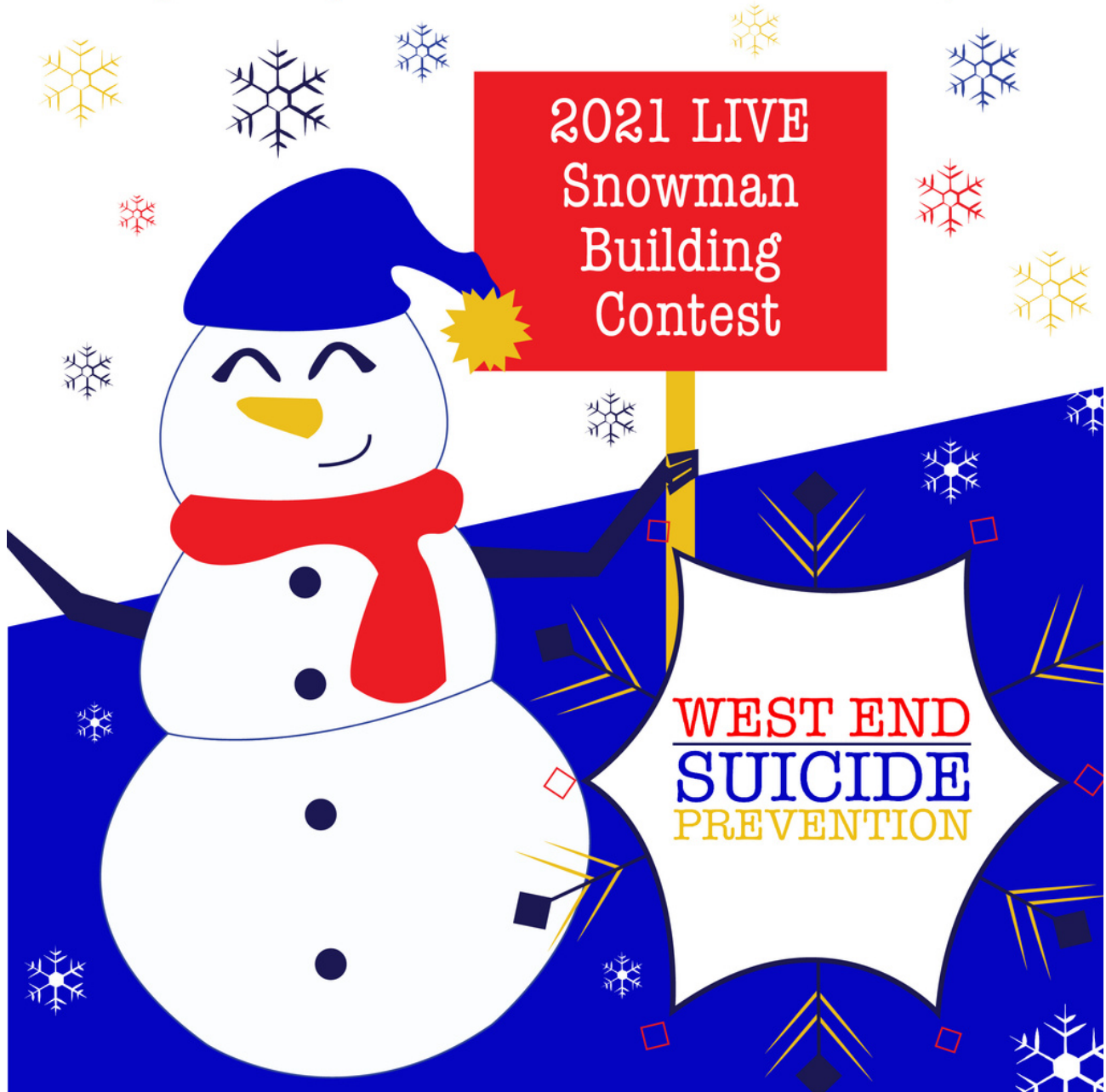
Enter the 2021 LIVE Snowman Building contest for a chance to win a **\$100 Visa Gift Card.**



Find the Official Rules at glrc.org/SnowmanContest then simply go outside, build a snowman and email a picture of your snowman to wesp@glrc.org by February 1st.



Voting will take place via Facebook the week of February 7th.



Coming soon:



Parent
Support
NETWORK of the Upper Peninsula of Michigan

Parents supporting parents.

The Parent Support Network of the Upper Peninsula of Michigan will hold free, confidential, monthly support meetings designed to harness the power of parents helping other parents. The Parent Support Network, a national program developed by The Youth Mental Health Project, is run by trained volunteer Facilitators with lived experience raising a child who has struggled with his or her mental health, including substance use. Parents who understand these challenges are the best allies and resources for other parents who are traveling on similar journeys.

(Note: Meetings will be held virtually until it is safe to have in-person meetings.)

Contact Amy Poirier at apoirier@glrc.org or (906) 523-9688.

Brought to you by:

