



# 2026 Embrace Life Scholarships for Graduating Seniors

## Suicide Prevention Network of Marinette & Menominee Counties

### **The Award**

Graduates will submit a 1-2-page paper on one or more of the following topics:

1. Mental health issue(s) and how it relates to suicide
2. Personal experience with mental health
3. Personal experience with suicide
4. How to help someone contemplating suicide

This twin county competition is judged by the board of directors of the Suicide Prevention Network of Marinette & Menominee Counties.

### **Deadline**

Paper must be received by **March 31<sup>st</sup>, 2026**

### **Eligibility**

You must be in good standing in your final year of school and scheduled to graduate in May or June of 2026. These scholarships are available to Marinette County, Wisconsin and Menominee County, Michigan students. *Students attending any secondary school (technical, 2-year or 4 year) are eligible to receive the scholarship. Up to three scholarships may be awarded for each county. Please include the field of study you plan to pursue and which school you plan to attend.*

### **Your Paper Should Include:**

1. The original manuscript.
2. A letter of recommendation/reference from a staff member from your school.
3. The cover page needs the title of the paper, author's name, home address and phone number, email address, high school name, high school address, and total number of pages.
4. The body of the paper cannot exceed 2 type written pages and should be double-spaced with 12- point typeface Times New Roman with one-inch margins all around.
5. Pages must be numbered.
6. Application package can be submitted by email (preferred) to [sarah.hilz@marinettecountywi.gov](mailto:sarah.hilz@marinettecountywi.gov) or via postal mail and must be received by March 31<sup>st</sup>, 2026, there will be no exceptions.

We wish you the best of luck in this competition and in your career. Essays of winners will be posted on the SPN website ([www.spn-mmcc.org](http://www.spn-mmcc.org)). We always invite essay winners to participate in our annual Embrace Life Family Fun Walk held in the fall. Proceeds from our annual walk are what makes our scholarship awards possible.

Suicide Prevention Network Mailing Address:

Suicide Prevention Network  
P.O. Box 617  
Marinette, WI 54143  
Attn: Gail Schick

OR you may also choose to email your application to:

[sarah.hilz@marinettecountywi.gov](mailto:sarah.hilz@marinettecountywi.gov)