

APRIL/JULY 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

MICHIGAN STATEWIDE SUICIDE PREVENTION MEETING

Join Zoom Meeting:

<https://healthwest.zoom.us/j/94891155229>

Meeting ID: 948 9115 5229

Dial by your location: +1 929 205 6099

THE NEXT MEETING:

August 6, 2021

1:00pm-2:00pm



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/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.

Join the world's largest online suicide prevention conference for mental health professionals.

It's entirely free.

- Join over 40,000 mental health professionals
- Learn best practices in suicide prevention
- Connect with leading mental health experts
- Attend sessions in real-time and/or on-demand

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

Free Virtual EMS/Fire Mental Health First Aid (MHFA) Classes



MHFA for Fire and EMS focuses on the unique experiences and needs of first responders. It 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

To sponsor or be a judge on the LIVE Art & Word Contest Expert Panel, email apoirier@greatlakesrecovery.org.

Theme: Mental Health Awareness
Who: High School Students - UP-Wide
What: Art contest using any art form.
Prizes: Cash prizes.
Coming this September!!

- L** LOVE more
- I** INCLUDE more
- V** VALUE more
- E** ENGAGE more

Follow West Wend Suicide Prevention on Facebook [@WestEndSuicidePrevention](https://www.facebook.com/WestEndSuicidePrevention)

SCHOOLCRAFT COUNTY COMMUNITIES THAT CARE PRESENTS:

QPR:

Three steps anyone can learn to help prevent suicide.

Live on Zoom:

Thursday, June 24, 2021

Thursday, July 22, 2021

Thursday, August 19, 2021

7:00 - 8:00 pm

Call Jennifer Levins at (906) 286-0159 to register or with any questions.



13TH ANNUAL END THE SILENCE WALK

SEPTEMBER 11, 2021

LUDINGTON PARK, ESCANABA, MI

9 AM REGISTRATION

10 AM OPENING CEREMONY

BRAT FRY, BAKE SALE, RAFFLES, LOCAL

RESOURCES, AND CHILDREN'S CRAFT ACTIVITIES

Raising proceeds to fund suicide awareness programs throughout Delta County.

To register or get more information :

E-mail: endthesilencewalk@hotmail.com

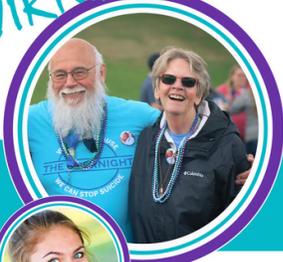
Website: www.endthesilencewalk.com

Facebook: End The Silence Walk

Call: 906-789-0003

Learn more or register at www.endthesilencewalk.com

VIRTUAL Marquette County Suicide Prevention Walk



Register online at: runsignup.com.

Walk any time, anywhere during the week of

September 27th to October 3rd, 2021.

For more information, find Mqt County Suicide Prevention Alliance on Facebook, call (906) 315-2621 or email sderwin@mqtco.org.

100% of proceeds from this year's VIRTUAL event will be used for suicide prevention in MARQUETTE COUNTY.



Hope 2 Help



Dickinson Iron
Communities That Care



#ItCouldBeYouCommunitiesThatCare

In-Person Suicide Prevention Walk Dickinson/Iron Counties

September 19 @ 2pm

MidTown Mall parking lot

Speaker followed by 1-mile walk

[runsignup.com/Race/MI/IronMountain/ Hope2HelpWalk](http://runsignup.com/Race/MI/IronMountain/Hope2HelpWalk)

Learn more or register at runsignup.com/Race/MI/Ishpeming/MCSPAwalk

Workforce Commercial: Seeking people for the mental health/SUD field



Share on Facebook at facebook.com/beyondthesave/videos/321197859633868



Learn more at
www.beyondthesave.org
or www.906face.com

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®**

Michigan Department of Health & Human Services "Stay Well" series



STAY WELL
Support groups for teens
Every Wednesday in July at 4 p.m.

STAY WELL
Michigan.gov/StayWell

This poster features a green background with a large, detailed leaf pattern. The text is white and centered.



STAY WELL
Support group for people who are grieving
Every Tuesday in July
Two Options: 11 a.m. or 7 p.m.

STAY WELL
Michigan.gov/StayWell

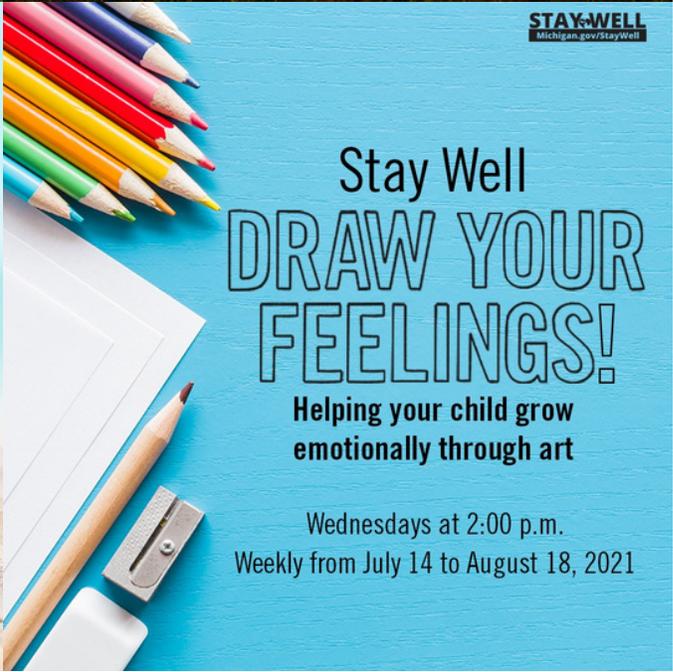
This poster has a background of a golden field under a sunset sky. The text is black and centered.



Stay Well
SUMMER RESILIENCE SERIES
Tuesdays at 1:00 p.m.
Weekly from July 13 through August 31, 2021

STAY WELL
Michigan.gov/StayWell

This poster features a background of sand dunes under a blue sky. The text is black and centered.



Stay Well
DRAW YOUR FEELINGS!
Helping your child grow emotionally through art
Wednesdays at 2:00 p.m.
Weekly from July 14 to August 18, 2021

STAY WELL
Michigan.gov/StayWell

This poster has a blue background with a close-up of colored pencils and a pencil sharpener. The text is white and centered.

Other events in the series are offered for healthcare workers, first responders, older adults, teacher, and families.

Learn more or register online at www.michigan.gov/staywell

Upper Peninsula Communities That Care
#UPCTC



Grab your lunch and join SC3 and
New Beginnings Outpatient Therapy for



CHIT, CHAT, CHEW

What is it?:

A support group for those struggling with their mental health during the COVID-19 Pandemic..

When is it?:

Every other Thursday starting
April 1st, 2021 12:30pm
ON ZOOM

What do I need to do to join?:

RSVP using the QR Code or link below. Then on April 1st just sign on to the Zoom link that will be emailed to you!
<https://forms.gle/KQgRFacegz2JgvgN6>

Information regarding local mental health resources will be available at each session. Sessions are not a substitute for counseling services!



SCAN ME

Register at <https://forms.gle/KQgRFacegz2JgvgN6>

Survivors of Suicide Loss Support Group

1st & 3rd Monday of the month:

Support group will not be held during July (summer break) or holidays

Time and Location:

The support groups will take place through Zoom

- Outreach, support and information provided to those who have lost a loved one to suicide
- Comfort, strength and hope in an open group setting with fellow survivors and trained peer facilitators
- No cost for attendees

Mature material; children welcome.

For more information and to register, please contact Melissa Bowman at 248.451.2613 or mbowman@cghelps.org.

Program supported by:



24-hour Crisis Telephone & Text Line number: 800-231-1127
24-hour Crisis Chat Line: commongroundhelps.org