

JANUARY 2023



# 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

## WELCOME!

This newsletter is a quarterly point of contact for those working in suicide prevention in the UP. Feel free to forward to anyone who you think might benefit from it.

You can always send information that you'd like included to [dial.help@dialhelp.org](mailto:dial.help@dialhelp.org), or email to subscribe or unsubscribe.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition Facebook page:

**[www.facebook.com/upspcoalition](https://www.facebook.com/upspcoalition)**

We also have a website @ **[www.dialhelp.org/upspc](http://www.dialhelp.org/upspc)**

## IN THIS NEWSLETTER

- First UPSPC Zoom Meeting - 2
  - Local News & Updates - 2
  - State & National News- 2
  - Events of Interest - 3
  - Local Support Groups - 4
- 

## 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](http://www.dialhelp.org)**



## OUR MISSION

To “support, encourage, and empower all” by providing immediate, accessible, and affordable services.

# FIRST UPSPC QUARTERLY ZOOM MEETING!

## First Quarterly Zoom Meeting

For anyone in the suicide prevention field, or whose work touches on the topic of suicide.

**February 9, 12pm - 1pm**

To get the Zoom link, email [dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)

## LOCAL NEWS & UPDATES

**The 3rd Annual LIVE Art & Word Contest, open to all high school students across the UP:**

[www.greatlakesrecovery.org/live-art-word/](http://www.greatlakesrecovery.org/live-art-word/)

## STATE & NATIONAL NEWS

**More people in Michigan are paying attention to their mental health and reaching out to the 988 Suicide and Crisis Hotline:** [www.wilx.com/2023/01/19/more-people-seek-mental-help-michigan-988-calls-increase/](http://www.wilx.com/2023/01/19/more-people-seek-mental-help-michigan-988-calls-increase/)

**National Survey on Drug Use and Health (NSDUH) Results Detailing Mental Illness and Substance Use Levels in 2021:** [www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021](http://www.samhsa.gov/newsroom/press-announcements/20230104/samhsa-announces-nsduh-results-detailing-mental-illness-substance-use-levels-2021)

**U.S. military veterans in suicidal crisis will be able to visit any Veterans Affairs or non-VA facility to get help at no cost:** [www.fiercehealthcare.com/payers/veterans-eligible-suicide-prevention-care-no-cost-starting-today](http://www.fiercehealthcare.com/payers/veterans-eligible-suicide-prevention-care-no-cost-starting-today)

**Suicide prevention gets a new lifeline:** [www.apa.org/monitor/2023/01/trends-suicide-prevention-lifeline](http://www.apa.org/monitor/2023/01/trends-suicide-prevention-lifeline)

**Army Special Operators Seek to Reduce Suicide with 'Bottom-Led' Approach:**

[www.defenseone.com/policy/2023/01/army-socom-takes-aim-suicide-holistic-bottom-led-approach/381887/](http://www.defenseone.com/policy/2023/01/army-socom-takes-aim-suicide-holistic-bottom-led-approach/381887/)

**Investing in mental health and safety is critical to build strong workplaces, a strong workforce and strong communities:** [www.michigan.gov/leo/initiatives/mental-health-in-the-workplace](http://www.michigan.gov/leo/initiatives/mental-health-in-the-workplace)

**Innovative Study Seeks to Improve Suicide Prevention for College Students:**

[psychiatry.duke.edu/news/innovative-study-seeks-improve-suicide-prevention-college-students](http://psychiatry.duke.edu/news/innovative-study-seeks-improve-suicide-prevention-college-students)

# 8TH ANNUAL VALENTINES



## POKER RUN !!



SAT. FEBRUARY 11,  
12PM TO 5PM

REGISTRATION @ 11:00 AM  
AT

THE EAGLES CLUB  
Negaunee

### PARTICIPATING BARS

- BARRS BAR
- EAGLES
- JACKSON PIT
- SMARTY'S
- TINO'S
- UPPER PENINSULA  
BREWING CO
- VFW

BRING  
A SLED

\$10.00 PER TEAM!  
\$5.00 PER PERSON.

ALL PROCEEDS GO TO

THE MARQUETTE CTY SUICIDE  
PREVENTION ALLIANCE

BEST HAND WINS \$100  
2nd place \$50  
also  
BUCKET RAFFLES

BUILD YOUR OWN  
BLOODY MARY BAR  
& Food

MUSIC WILL BE PROVIDED  
BY KURT & KIM  
4PM to 8PM

QUESTIONS?

CALL LISA @ 458-6506  
or Kathie @ 250-6226



# LOCAL SUPPORT GROUPS

Find UP support groups online at [www.dialhelp.org/resources](http://www.dialhelp.org/resources)

## Grief Support Group for Survivors of Suicide Loss

2nd Monday of each month  
6:00-7:30 PM

Great Lakes Recovery-Adolescent  
Services Center  
Community Room  
104 Malton Road  
Negaunee, MI

## Grief Support Group for Survivors of Suicide Loss

3rd Tuesday of each month  
7:00-8:30 PM

Peter White Public Library  
Dandelion Cottage Room  
217 North Front Street  
Marquette, MI 49855

For adults aged 18+. Based on best practice, a person should be at least 6 months out from their loss. We highly recommend calling ahead before the first meeting so facilitators can share specific group information and guidelines. The support groups are peer-facilitated by a person who has also experienced suicide loss; the group is NOT psychotherapy. **Negaunee:** Call (906) 250-4911 -- **Marquette:** Call (906) 315-2621

## Survivors of Suicide Loss Support Group



Support Group meets first Tuesday of  
Every Month from 5:30pm-7:00pm

This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide. You are welcome to attend, listen, or share your story.

For information and to Register Contact:  
Ann Marie at 353-4506 or  
annmarie.amsler@kbic-nsn.gov  
Carmen at 338-2421

Lakeside Covenant Church  
111 Pennock Ave Baraga, MI 49908

## THE PARENT SUPPORT NETWORK OF THE UPPER PENINSULA OF MICHIGAN

VIRTUAL MEETINGS:

The 3rd Wednesday of the month  
Time: 6:30-8:00 ET

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

For more information: [upperpeninsulamipsn@ymhproject.org](mailto:upperpeninsulamipsn@ymhproject.org)

NEW MEMBERS ALWAYS WELCOME!

The Parent Support Network™ is a confidential group for families with children who are affected by mental health challenges. Each group is led by a trained facilitator, and caregivers can receive support from others who understand what they are experiencing. It is our goal to create a parent community that provides ongoing support and resources for families navigating mental health challenges.



Survivors of Suicide Loss Support Group. This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide.

Register: Ann Marie at 906-353-4506 or [annmarie.amsler@kbic-nsn.gov](mailto:annmarie.amsler@kbic-nsn.gov)

For parents whose kids struggle with anxiety, depression, or other mental health challenges.

Registration at:

[www.supportgroupscentral.com/ymhp](http://www.supportgroupscentral.com/ymhp).

For more information, email [upperpeninsulamipsn@ymhproject.org](mailto:upperpeninsulamipsn@ymhproject.org).