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, 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

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 "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

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/

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/

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

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

Suicide prevention gets a new lifeline: 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/

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

Innovative Study Seeks to Improve Suicide Prevention for College Students:

psychiatry.duke.edu/news/innovative-study-seeks-improve-suicide-prevention-college-students



LOCAL SUPPORT GROUPS

Find UP support groups online at www.dialhelp.org/resources

Grief Support Group for Survivors of Suicide Loss

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

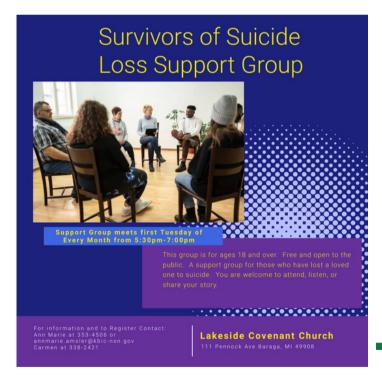
Great Lakes Recovery-Adolescent
Services Center
Community Room
104 Malton Road
Negaunee, MI

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. This group is for ages 18 and over. Free and open to the public. A support group for thise who have lost a loved one to suicide.

Register: Ann Marie at 906-353-4506 or annmarie.amsler@kbic-nsn.gov

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

NEW MEMBERS ALWAYS WELCOME!

The Parent Support Network $^{\mathbb{N}}$ 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.







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

Registration at:

www.supportgroupscentral.com/ymhp.

For more information, email

upperpeninsulamipsn@ymhproject.org.