

# U.P. Suicide Prevention Quarterly – July, 2017

Welcome! This electronic newsletter is meant to be a quarterly point of contact for those working in suicide prevention in the U.P. Please feel free to forward this and to send me information you want to have out for October, November, or December, 2017. Anyone may contact me to add to or remove their email from the list ([dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)).

Between newsletters, I'll be happy to post information on the U.P. Suicide Prevention Coalition Facebook page

Mike Gaunt,  
Crisis Unit Manager, Dial Help.

## Dial Help, Houghton, Michigan

*Our Mission: To "help people help themselves" by providing immediate, accessible, and affordable services to the communities we serve.*

906-482-9077

[dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)



For any individual experiencing thoughts of suicide at any time, call:

**1-800-273-TALK,**

or in the U.P. text:

**906-35NEEDS (63337)**

## Second Annual Upper Peninsula Suicide Prevention Conference

- **Develop your prevention skills** and increase your understanding of suicide
- **Get updated** on suicide prevention efforts taking place throughout the UP
- **Network** with individuals working on suicide prevention efforts in our communities

For more information, contact Megan at Dial Help: (906) 482-9077



### Range Suicide Prevention Council News:

The "Danny B Jack & Jill Awareness Softball Tournament" will be held at the end of August in memory of Danny Baross who died as a result of suicide.

On Saturday September 9th at Gogebic Community College the Range Suicide Prevention Council, in conjunction with National Suicide Prevention Week, will sponsor our 4th annual "Break The Silence – Walk Through The Pain" walk.. The program will start at 10 a.m. and the walk at 10:30 followed by a social hour. There is no cost to participate in this event. It is both an awareness event and a support program to help the families and friends who have lost a loved one to suicide.

## Out of the Darkness Walk Scrapbooking Event

Join us for an evening of **FREE** fun!

August 23<sup>rd</sup> from 5:30-7:30pm  
@ Great Lakes Recovery Center  
104 Malton Road, Negaunee

Bring photos to create a page for our new OOTD walk scrapbook. Scrapbooking supplies will be provided, but you may bring any of your own supplies to craft your special page.

### Become an Emotional Superhero: Community Crisis Intervention Training

Join staff from Dial Help's 24/7 Crisis Line and learn how to help friends and loved ones who are dealing with stress, personal crisis, or mental illness. Get tips from the pros on how to handle difficult situations while offering real emotional support instead of advice (which people usually don't take). It's easier than you think once you have the right tools! Highly recommended for parents, college students, and professionals.

This training is FREE to the public, and includes refreshments, take-home materials, and a certificate of completion. Trainers are Mary Gaddis (Dial Help Mobile Response Team Specialist) and Mike Gaunt (Dial Help Crisis Unit Manager). Saturday, August 26 at 10:00 a.m. at the Portage Lake District Library in Houghton.