

October/November 2021

UPPER PENNINSULA 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 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



WITH ONE VOICE

Michigan Statewide Suicide Prevention Meeting

Our next meeting of With One Voice will happen on November 16th. Please save the date and join us in this one hour meeting. We will get updates from the state's Suicide Prevention Commission, updates from MDHHS as well as other information from various presenters. The agenda is coming soon.

Topic: WOV Meeting-Statewide Suicide Prevention

Time: Nov 16, 2021 10:00 AM

Eastern Time (US and Canada)

Join Zoom Meeting

<https://healthwest.zoom.us/j/99170590854>

Meeting ID: 991 7059 0854

CONTENTS:

Suicide Prevention Summit	2
Mental Health First Aid (MHFA)	2
Guiding Good Choices	2
Community Grief Support Group	2
CTC Spotlights	3
Suicide Prevention Conference	3
ASIST Training	4

Our Mission

To “help people help themselves” by providing immediate, accessible, and affordable services to the communities we serve.



24/7 contact for those
at risk of suicide

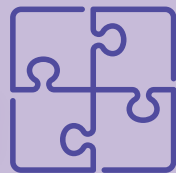
Call: 482-HELP or 800-562-7622

Text: 35NEEDS or 906-356-3337

Chat Online: www.dialhelp.org

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



mentalhealth academy



MENTAL HEALTH FIRST AID®

Free Virtual EMS/Fire

Mental Health First Aid (MHFA) Classes

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 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®



Third Thursday Community Grief Support Group

This program of Omega House is open to anyone who wants to process grief together. Enter in person at Omega House in Houghton (vaccinated and with a mask available), or Zoom (online or via phone) as you are and settle into a relaxed, safe environment of support and communication with each other. We grieve because we love and we do not have to be alone in our grief.

This group is facilitated by Omega House Grief Support Educator, Cynthia Drake. To receive more information, directions or log in and phone information: call or text Cynthia at: 906-370-6686 or emailing: cynthia.drake@omega-house.org

The facebook link for this event: <https://fb.me/e/1kEYs2OE8>

Alger County Communities that Care (The AC3)

Alger County Communities that Care (The AC3) held their annual Pizza with a Purpose event at Pictured Rocks Pizza to raise funds for suicide prevention.

They were overwhelmed but not surprised at the community support for this cause and were able to surpass their goal of \$20,000. Thank you all to so many who participated in making this year another success!



Houghton/Keweenaw, Dickinson/Iron, & Delta County CTCs

Suicide prevention walks were held throughout the month of September. Over 250 people across 5 counties walked to support suicide awareness.

#906StigmaStopsHere



SAVE THE DATE! -January 27-29th 2022

Kevin's Song is the largest suicide prevention conference in Michigan. Clinically informed, evidence based/informed and filled with amazing learning opportunities. The list of breakout and keynote presentations is coming soon and the line up looks amazing, diverse and inclusive.

For more information visit: <https://kevinssong.org/conference/>



Applied Suicide Intervention Skills Training (ASIST)

November 18 & 19, 8:30 am to 4:30 pm, \$50

UP Health Systems Portage
500 Campus Drive Hancock MI

Recognize signs of suicide

Create a plan to stay safe

Link someone at risk with resources for help

******COVID precautions will be announced******

ASIST is a two-day interactive class designed to help professionals and lay people learn how to intervene to prevent the immediate risk of suicide



To register, contact Krissy Martens at kmartens@dialhelp.org



Space is limited

Please see next page for additional information