

U.P. Suicide Prevention Quarterly – October, 2016

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 January, February, or March, 2017. Anyone may contact me to add to or remove their email from the list (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

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

906-482-9077

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)

SUICIDE BEREAVEMENT SUPPORT GROUP

A support group for those who have lost loved ones to suicide.

Please join us at the Baraga County Memorial Hospital the first Tuesday of every month.

Next Group will be: November 1, 2016
Time: 5:30-7:00pm

Location: BCMH conference rooms B&C
This group is for ages 15 and over.

Free and open to the public.

For any questions please contact the group facilitator:
Ann Marie Amsler, LMSW at 353-4506
or annmarie@kbic-nsn.gov

The View from Inside The Crisis Unit: Youth Contacts

I work on the crisis line where we handle calls, text and IM messaging, and walk-in clients for the entire Upper Peninsula. I can tell you a little bit about what that has been like in my experience and what I feel Dial Help can do with our clients, and more specifically the youth in Houghton and Keweenaw counties.

I would say that nearly 30% of our total calls come from or are concerning youth- people from ages 0 to 30. As a crisis line worker, I am compassionate for every single person who calls in a crisis, but I somehow feel innately more urgent in assisting the youth who reach out to contact us. I think we all know how difficult it can be to ask for help in general, but for someone who is struggling to form their identity (as in youth) and is also experiencing peer pressure, unfortunate family dynamics, or school-related stress just to name a few- it really takes a lot of courage to reach out and speak your troubles! I think that with this generation of youth and social media, life can be especially tricky to navigate.

Bullying is becoming very real, and pressure to portray oneself in a particular manner (such as on social media) is very demanding and can be extremely confusing. It is frightening to hear, for example, a child only 13 years old talk about suicide. I can't imagine what they would do if they did not have an anonymous support to reach out to and hear that what they are doing is OK- that their life matters and that in that moment somebody *really* cares about them.

Most times, the youth that are reaching out to us do not have another person in their life to talk to, and that is why they are contacting us. Or what little support they do have is unreliable at best. We save lives...

Anonymous

Upper Peninsula Suicide Prevention Conference

110 people attended the first annual Suicide Prevention Conference on October 10, 2016. The event was hosted by Dial Help with collaborative effort from health educators from around the U.P. The goal of the conference was to decrease stigma and increase awareness by mixing experts on the topic with community members. ([link below](#))

[Keweenaw Report-Suicide Prevention Conference](#)