

U.P. Suicide Prevention Quarterly – October, 2018

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, 2019. Anyone may contact me to add 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)

Mental Health First Aid

Great Lakes Recovery Centers will be hosting a Mental Health First Aid (MHFA) Instructor Training for individuals interested in teaching the MHFA Course. Mental Health First Aid is an 8-hour course that teaches individuals how to assist someone with a mental health or substance abuse related crisis. It covers depression and mood disorders, anxiety disorders, trauma, psychosis and substance use disorders, and teaches you how to apply the MHFA Action Plan.

The MHFA Instructor Training course is a three-day course and will take place in Marquette, Michigan. Tentative dates for the course are December 18th through the 20th. A limited number of partial scholarships are available to assist with the cost of the course. Interested individuals should contact Amy Poirier at apoirier@greatlakesrecovery.org or (906) 523-9688 to learn more and register.

Adult Mental Health First Aid

www.MentalHealthFirstAid.org

Mental Health First Aid helps participants learn to identify and offer help to individuals who may be developing a mental health problem or experiencing a mental health crisis. The course equips participants with the skills to apply the Action Plan to reach out and provide initial support until appropriate treatment is received or the crisis is resolved.

WHO

Baraga County adult residents.

WHEN

October 26, 2018 from 8:30 am — 5:30 pm.

WHERE

Baraga Memorial Hospital, 18341 US-41, L'Anse, MI 49946

REGISTER by OCT 16

- Online at <http://bit.do/mhfa> — Class size is limited.
- Book and lunch included. No fee for this training.
 - More info, contact Brian at (906) 482-4880 or brendel@cccmh.org



ALGEE

The Mental Health First Aid Action Plan

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

Sponsored by:

Copper Country Mental Health Services
Rice Memorial Clinic Foundation
Baraga County Communities that Care Coalition—funded by NorthCare Network
American Foundation for Suicide Prevention



Range Suicide Prevention Council

Survivors of Suicide will be meeting on Wednesday November 14th at 6:00 p.m. CST in the basement of Zion Lutheran Church in Ironwood. For more information, please call 906-932-5718

Third Annual UP Suicide Prevention Conference



Walk Pictures and more Conference pictures follow

