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 (<u>dial.help@dialhelp.org</u>).

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 <u>apoirier@greatlakesrecovery.org</u>or (906)

523-9688 to learn more and register.



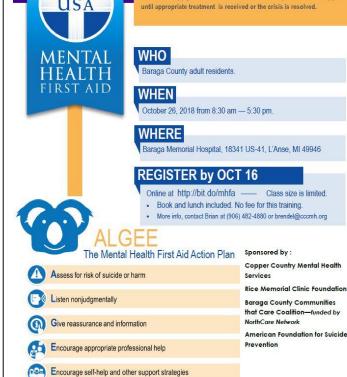
Range Suicide Prevention Council

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

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



Baraga County Suicide Prevention Warrior Walk – Sept. 8th, 2018

- Guest Speaker was Rebecca Tervo from Ishpeming
- 130 People Participated
- Approx. \$7,000 was raised
- 100% of funds raised stay in Baraga County for prevention and awareness.





Third Annual

UP Suicide Prevention Conference







