

OCTOBER 2019

UPPER PENINSULA SUICIDE PREVENTION COALITION

A broad coalition of people and organizations across the UP working to increase awareness on ways to help prevent suicide

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



OUR MISSION

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



FOURTH ANNUAL UP SUICIDE PREVENTION CONFERENCE - PG 2

WELCOME!

This newsletter is a quarterly point of contact for those working in suicide prevention in the UP. Feel free to forward to anyone who you think might benefit from it.

You can always send information that you'd like included to dial.help@dialhelp.org, or email to unsubscribe from this list.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition Facebook page:

www.facebook.com/upspcoalition

We also have a website at www.dialhelp.org/upspc

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UP SUICIDE PREVENTION CONFERENCE

For the fourth year running, Dial Help and Marquette County Health Department hosted the UP Suicide Prevention Conference at the Holiday Inn, Marquette. And for the second year in a row, UP Coalition Network co-sponsored the event.

70 people attended, with MCBAP credits available and media coverage from TV6 News. The keynote speakers were Michael Pyne from HealthWest, and Katie Hardy of Six Feet Over. Mr. Pyne discussed "The Whys of Suicide," delving into social media, bullying, and other potential "whys." Ms. Hardy shared her story of eight losses to suicide and the resources her group makes available for those who have lost loved ones to suicide, including financial assistance.

Other speakers included Emily Pratt and Sarah Derwin from the Marquette County Health Department, Chris Schuldt from Dial Help's Teen Outreach Program, and Tami LeBlanc and Melissa DeMarse from NorthCare Network.



HAVING THIS CONFERENCE
IS SO IMPORTANT TO BE
ABLE TO GET TOGETHER
PEOPLE FROM ACROSS THE
UPPER PENINSULA
TO TALK ABOUT SUICIDE
PREVENTION

- SARAH DERWIN,
MQT CO HEALTH DEPT

CAMPAIGN FROM WEST END SUICIDE PREVENTION

West End Suicide Prevention is a diverse group of individuals that work or live on the west end of Marquette County. They meet monthly to discuss ways to reduce stigma surrounding mental health, in hopes to help prevent suicide. The group attends health fairs, coordinates, promotes and teaches mental health/suicide prevention courses, educates the community through social media and distributes Dial Help materials. For the past several months, the group has been working hard to develop the LIVE

campaign, a positive mental health campaign that encourages self-care and compassion in our communities. The campaign was brought to all of the west end schools in early September. A LIVE commercial can be seen on TV6 as well as in the Thomas Theater in Marquette. LIVE yard signs and window signs are found throughout the community.

stores.yoopershirts.com/GLRC

LIVE shirts will be available to order

until October 20th. They can be shipped to you or picked up at the GLRC office at 97 S. Fourth Street, Ishpeming.



PREVENTION WALKS ACROSS THE UP

September was National Suicide Prevention Month, and many organizations held walks in the Upper Peninsula.



HOUGHTON/KEWEENAW
COMMUNITIES THAT CARE



GOGEBIC COUNTY
COMMUNITIES THAT CARE



MQT COUNTY SUICIDE
PREVENTION ALLIANCE



BARAGA COUNTY
COMMUNITIES THAT CARE



DICKINSON COUNTY
COMMUNITIES THAT CARE



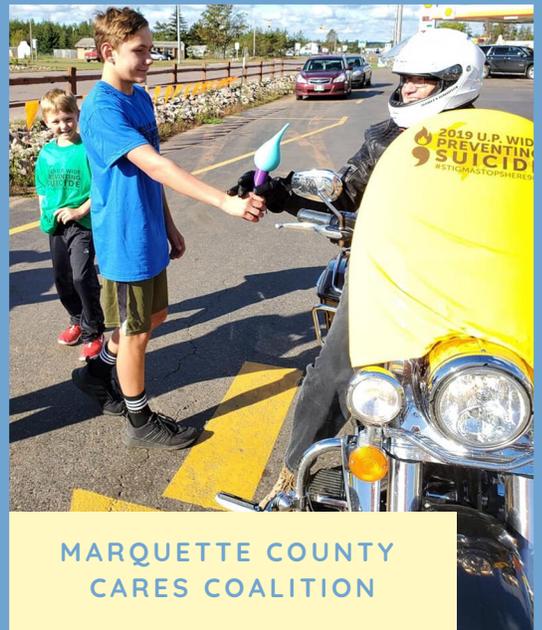
You might have noticed a lot of suicide walks from Communities That Care (CTC). Visit www.UPCNetwork.org/spw to learn more about their "UP Wide Preventing Suicide" run/walk/bike event!



SCHOOLCRAFT
COMMUNITIES THAT CARE
COLLABORATIVE



LUCE COUNTY
COMMUNITIES THAT CARE



MARQUETTE COUNTY
CARES COALITION

SPECIAL THANKS
TO RIDERS FROM



MACKINAC COUNTY
COMMUNITIES THAT CARE

UPCOMING EVENTS & OTHER RESOURCES

QPR

Question, Persuade, Refer

Communities That Care coalitions are offering free QPR suicide prevention training across the UP thanks to funding from Superior Health Foundation. To schedule a training, find your local coalition at www.UPCNetwork.org/coalitions

SEND *silence* PACKING®

active minds

Survivors of Suicide Loss Support Group

WHEN & WHERE

**Michigan Tech
Campus Mall**
Fisher Hall to MUB
Rain Location: MUB
• **COMINGS** •

**Wednesday,
October 2**
9 am - 5 pm

WHO & WHAT

Send Silence Packing® is an emotionally powerful exhibit that increases awareness about suicide prevention.

The visually striking display of more than 1,000 backpacks represents the number of college students whose lives are tragically lost to suicide each year. Stop by to view the exhibit and help break the silence that surrounds mental health issues.

activeminds.org



Support Group meets the first Tuesday of every month
Time: 5:30-7:00pm
Location: BCMH conference room

This group is for ages 18 and over. Free and open to the public. A support group for

The Range Suicide Prevention Council and Gogebic County CTC will be providing QPR training to youth and staff in the schools this school year. Introduction of the Signs of Suicide (SOS) program has begun in some schools.

SEND *silence* PACKING®

active minds

Friday Oct 4th

9:30am cst

LSCC Gym



OPEN TO ALL

**Area High School Juniors & Seniors and GCC Students
and the GENERAL PUBLIC
ARE INVITED TO ATTEND**



Mental Health First Aid

www.MentalHealthFirstAid.org

Mental Health First Aid helps you identify and offer help to a person developing a mental health problem or experiencing a mental health crisis. The course gives you the training you need to reach out and provide initial support until appropriate treatment is received or the crisis is resolved.

WHO

Any person or organization that are part of the community.

WHEN

October 23rd, 8:30 AM - 4:30 PM, please arrive by 8:15

WHERE

UP Health Systems– Bell, MOB Conference Room
901 Lakeshore Dr., Ishpeming

REGISTER

Registration is FREE, however space is limited. Lunch is provided. Register online at glrc.org/MHFA. For more information email foundation@greatlakesrecovery.org or call 228-9699, ext. 1011.

Grief Support Group for Survivors of Suicide Loss - MQT

Meets the third Tuesday of each month from 7pm to 8:30 pm at Peter White Public Library in the Dandelion Cottage Room (217 N Front St).

Group designed for adults only.



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



If you would like to set up a Mental Health First Aid course in your community or organization, or would like to donate to the Mental Health First Aid Initiative, contact foundation@greatlakesrecovery.org.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Members

