Suicide Prevention Newsletter

# Events

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 **Camp HOPE**

a free weekend camp for grieving children, teenagers
& their families

**October 9-10, 2021**

Reg **Deadline: Sept. 18,** 2021

@ WI Lions Camp, Rosholt

**Camphopeforkids.org**

715-341-0076

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**Community T-Shirt Campaign**

Wear your suicide prevention T-shirt every Friday in September for suicide **Prevention Awareness Month**

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# TRAININGS

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QPR Training

**Sept. 19 @ 1:30pm- 3:00pm**

Lancaster Library in Person

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Safe TALK

**Sept. 21 @ Boscobel**

Gunderson 12:30-4p

**Sept. 28 @ Monroe**

United Methodist Church

12:30p-4:00pm

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[www.afsp.org/advocate](https://t.congressweb.com/l/?XPSOPTWZPBRPVRU)

**September 8 @ 3pm**

**AFSP.org ”national events”**

webinar on "Suicide Prevention Services and Training for Health Professionals & First Responders."

Suicide Prevention Coalition of Iowa County WI September 2021

**Suicide Prevention Events**

**September 9, 2:00pm-6:00pm** UW Platteville, Edible Garden between McGregor and Royce hall. Teresa Miller, millerte@uwplatt.edu, 608-342-1865. 1 Mile Walk and reception. Refreshments will be served.  Guided walks will leave every 20 minutes.  A free water bottle will be available for all who complete the walk.

**Sept. 10 @ 8pm Light a candle/ lamp in a front window.** This is in observance of World Suicide Prevention Day. To remember a lost loved one, and for the survivors of Suicide.

**September 22 @ 6:30pm-8pm:** Hidden Valley Church, Dodgeville, Youth/Teen QPR presentation.

**Desiree Hair Salon** in Mineral Point. Window display for the month.

**Richland Center Hospital** will have information table on display

**Iowa County Government** will have door prizes and activities for staff.

**Dodgeville Middle School** will have give-a-ways and activities for students.

**Darlington Library** will have items on display & to give-a-way

**Viroqua Library** will have items on display & to give-a-way

Thank You…

* **To everyone that made donations** in honor of loved ones this past month.
* People Ordering Suicide Prevention T-Shirts for Friday Campaign.

**September is Suicide Prevention Awareness Month – Start Planning!**

* Fridays wear your Suicide Prevention T-Shirts! Get orders in! The new design is out on a teal shirt. Check it out!
	+ www.suicide-iowacountywi.org
* If you need door prizes or special items to hand out during the month contact Sue (SPCICWI@gmail.com)
* Decide on a special focus for your office or organization. Such as; Random Acts of Kindness, Gun Safety Locks, Relaxation & Selfcare, New Hobbies, Laughter, Journaling etc. All these activities will create a connection among participants.

Get something going in your Community/ School

QPR Training, Monthly gatherings of Relaxation/ Deep Breathing, Support Group, or After Suicide Attempt Support Group. Just e-mail for more information and help getting things set up. SPCICWI@gmail.com

Grief Support Groups in Southwestern Wisconsin

[www.Suicide-IowaCountyWI.org](http://www.Suicide-IowaCountyWI.org) - **Please call ahead to see if they are still being held or have online**

# Iowa Co.

**Sharing Grief of Suicide Loss-** Post postponed until COVID is over

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**Compassionate Friends -**Dodgeville

3rd Tuesday @ 7:00pm - Grace Lutheran Church 1105 Bequette St.

Contact: (608) 604-1723 julie.henneman9@gmail.com

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**Veterans Mental Health**

Jason Thilges, will be in the Veterans Center at the Iowa County Health & Human Services Bldg. **1st and 3rd Thursday of each month.** The Vet Center’s services are only available long term to combat veterans. They are able to meet with non-combat veterans on a limited basis.

Vet Center telephone number is (608)264-5342

Open to Vets from: **Richland, Lafayette, Grant and Crawford**

Sauk Co.

**HOPE Sauk Prairie- Peer to Peer Survivor Support Group**

**Traumatic/ Completed Grief Support Group (Suicide / Overdose)**

* 2nd Thursday of each month, 7:00pm-8:00pm

821 Industry Dr. Sauk City

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**Grief Support Group:** 1670 S. Boulevard Baraboo, 800-553-4289. (also Richland County)

**ONLINE RESOURCES:**

**Alternatives to Suicide Support Group** – After an Attempt Group.

* Wisconsin Based: 2nd & 4th Thursday 7:00pm-8:30pm. Contact Vicki@namifoxvalley.org (920) 954-2550
* Wisconsin Based: 2nd & 4th Thursday 7:00pm-8:30pm. Contact psw@Mhawisconsin.org (414) 336-7970

**Survivors of Suicide Loss** –18yrs+ that have lost someone to suicide. Sponsored by American Foundation of Suicide Prevention

* Healingconversations@afsp.org

# LaFayette Co. & Grant Co.

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Jason Thilges, will be in the Veterans Center at the Iowa County Health & Human Services Bldg. **1st and 3rd Thursday of each month.**

# Vernon Co.

**Compassionate Friends**

2nd Sunday of Month 5:00pm

1020 High Ave. Hillsboro

Contact: (608) 489-2571. TCFofhillsandvalleyregion@htomail.com

Crawford Co.

**Grief Support Group**

1st Monday @ 5:00pm

Crossing River Health-Polodna Conference Room

Haley Kregel: 608-357-2449

Richland Co.

**Grief Support Group**

Richland Hospital (Agrace)

[(608) 647-6321](https://www.google.com/search?q=richland+hospital+richland+center+wi&rlz=1C1GGRV_enUS753US756&oq=Richland+hospital&aqs=chrome.1.0l6.10296j0j8&sourceid=chrome&ie=UTF-8)

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**Richland Community Coffee Club** 1stt Thurs monthly 8-10AM @ Woodman Senior Center.

608-647-1853