

Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

September 2023

Events

www.Suicide-SWWI.org

Events Calander on home page.



Shine the Light Lancaster Luminary Event

September 9 @6pm-8pm

Presentation at 7:00pm

Lancaster Square.

Free Luminaries

Contact:

briechers@grantregional.com



Candle (Light) in your front window / Porch

September 10 @ 8p-10p

An event in memory of suicide
victims/ family/friends

Trainings



Suicide Bereavement Support Group Facilitator Training

Sept. 8 & 9th (both) \$175

Springhill Suites Green Bay

IF you live in 1 of the 7 counties
and meet the requirements

[\(https://afsp.org/facilitating-a-suicide-bereavement-support-group/\)](https://afsp.org/facilitating-a-suicide-bereavement-support-group/)

contact SPCICWI@gmail.com

Offered by Am. Foundation of
Suicide Prevention



QPR Training



FREE QPR

Iowa County Sheriff Dept.

October 10

9a, 1pm, 4pm, 7pm

Contact: SPCICWI@gmail.com

“Suicide Prevention Awareness Month”

Thank You:

- Everyone that donated funds in memory of their loved ones.
- **LaFayette County** for starting a Survivors of Suicide Grief support Group!
- **Royal Bank, Richland Center Hospital, Community 1st Bank Richland Center, Iowa County Department of Health/ Human Services and other businesses** that ordered T-shirt to wear on Fridays to support Suicide Prevention Awareness Month.
- **DeSoto School** for scheduling mental health awareness throughout the year for Staff & Students.
- **All Schools & Businesses** that posted their large colored posters from May “Mental Health Month” to be on display for September.

Get Something Going in Your Community:

Start Planning now for your business, community, or school.

- Business window display with mental health facts/resources
- QPR Trainings; EMT, Police, City employees, church groups, or set as freshmen orientation for schools.
- Community bonding event; nature hike, yoga, self-care event
- Library Program; Book display, journaling, random act of kindness, or mindfulness event.
- Organize something at work & get door prizes to give-a-way
- Order Suicide Prevention T-shirts to wear Fridays in September.
- Set up to take place monthly gatherings of relaxation/ deep breathing, laughter, new hobbies, or Support Group.

Find ideas: www.Suicide-SWWI.org “Prevention.”

September 10 is Grandparents Day:

Reach out to an elderly person in the Community.

- Loneliness, pain/illness, loss of purpose in life can all contribute to depression in the elderly community.
- For ages 55–64, the suicide rate increased (137%) between 2000–2017
- Males, suicide rates increased for those 75 and older. (2000–2017)
- 70% people over age 75 yrs. use firearm

Grief Support Groups in Southwestern Wisconsin

www.Suicide-IowaCountyWI.org

LaFayette



Survivors of Suicide Grief Support Group

2nd Monday Monthly 6-8pm

Starting Monday, Sept. 11,
Darlington Area Community
Health Center on Main St.

Vernon Co.

Crawford Co.

Survivors of Suicide Grief Support Group

3rd Monday @ 6:30pm- 8pm

River District Hotel 130 S.
Main St., Prairie du Chien
sonya.anderson@crossingrivers.org

Grief Support Group

1st Monday @ 5:00pm
Crossing River Health-
Polodna Conference Room
Haley Kregel: 608-357-2449

Richland Co.

Richland Community

Coffee Club 1st Thurs
monthly 8-10AM @
Woodman Senior Center.
608-647-1853

Iowa Co.

Sharing Grief of Suicide Loss- 2nd Thursday of each month.

7:00pm – 9:00pm at Iowa County Health and Human Services Building.
303 W. Chapel St. Dodgeville, WI 53533.

Compassionate Friends -(608) 604-1723 julie.henneman9@gmail.com
3rd Tuesday of Each Month 7:00pm. @ Grace Lutheran Church,
1105 Bequette St. Dodgeville, WI 53533

Veterans Mental Health

Iowa County Veteran Services Office location at 303 Chapel st.,
Suite 1300, Dodgeville, WI 53533

1st & 3rd Friday of every month 9:00am-3:30pm. Sponsored by:
Madison Vet Center at 608-264-5342 Jonathan Howell

Sauk Co.

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

Grant Co.

ONLINE RESOURCES:

Alternatives to Suicide Support Group – After an Attempt Group.

- 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.

- Healingconversations@afsp.org

Sharing Grief of Suicide Loss- 2nd & 4th Tuesday of the Month. Confidential
SOS Group at Journey Mental Health Center, Madison, WI **608-280-2435**

E-Mail: sos@journeymhc.org

Women Depression/Anxiety Support Group: 1st & 3rd Wed. 6:30p-8:00p
Support email before 4:30pm: contact@namidanecounty.org