

Suicide Prevention Newsletter

Suicide Prevention Corporation Southwest WI

May 2024

Events



Suicide-swwi.org

Events Calendar on Home Page
Numerous Events taking place this month, "Mental Health Month".



Suicide Shoe Memorial

Desiree's Hair Salon in Mineral Point over Memorial Day Weekend

More Information on : Suicide-SWWI.org "Events"



Zoom Young Adult

Support Group (18-30)

1st & 3rd Sunday @ 6:30p-8:00pm

www.namidanecounty.org/support

Support email before 4:30pm:
contact@namidanecounty.org

Trainings



May 1-2, 2024

Prevent Suicide WI

Virtual Conference

Digging Deeper: Uncovering the Roots of Suicide



Zero Suicide Online Trainings

Pace Yourself

<https://zerosuicide.edc.org/resources/trainings-courses>

QPR Training



Online QPR Training

\$30 per person/ 60 min.

<https://qprinstitute.com/individual-training>

Thank You:

- Everyone that donated funds in memory of their loved ones.
- **Everyone** that donated, volunteered, and participated at the Boscobel Bowling & Trivia fundraiser April 13.
- **Crawford County** employees for making a large order to Prevention T-shirts for May. Providing QPR Training to Prairie du Chien schools.
- **Boscobel Bowling and Banquet** for hosting the fundraiser for us.
- **Suicide Prevention SWWI** for organizing and paying for music therapy for Prairie du Chien middle school and high school students.

Donate:

- Purchase a **Calendar Raffle Ticket \$20** to be drawn daily in Sept. Each ticket is re-entered daily for each drawing. Venmo the \$20 with your address and phone number. You will be sent your ticket stub. Daily Prizes will be posted on Facebook.
- Offer to sell a pack of Raffle Tickets to family and Co-workers
- Venmo or check

Participate in Free Mental Health Events:

www.Suicide-SWWI.org Calendar of Events.

- T-Shirt design contest, info on Suicide-SWWI.org "T-Shirts"
- Introduction to Meditation Classes
- Virtual Music Therapy
- 5K Run/Walk – May 4 in Lancaster
- Suicide Prevention booths at Community Celebrations!
- Shoe Memorial in Mineral Point at Desiree's Hair Salon
- Attend one of the numerous in-person support groups.

If you can't find an event that interests you, find a way to get outside in nature, try a new hobby, make an effort to get together with friends, start a

Wis Based Virtual Therapy Option Covered by Insurance.

[EMPOWER RECOVERY \(empowermyrecovery.com\)](http://empowermyrecovery.com)

They offer telehealth mental health/addiction treatment services to people with **Forward Health, Badger Care, Medicaid, Medicare, United, and UMR**. They are pending approval for many other insurances. For those who don't have insurance, they have self-pay options.

Grief Support Groups in Southwestern Wisconsin

www.Suicide-IowaCountyWI.org

LaFayette

Survivors of Suicide Grief Support Group

2nd Monday Monthly 6-8pm

Lafayette Co Multi-Use Bldg
11974 Ames Rd. Darlington

Vernon Co.

Survivors of Suicide Grief Support Group

3rd Tuesday @ 7pm- 8pm
Coulee Recovery Center 933
Ferry St. LaCrosse, WI
(608) 633-3135

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Recovery Through Sharing
Peer -Adult Mental Health
Every Wednesday 6p-7p
1321 N. Main, Viroqua, WI

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

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Grief Support Group

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

Richland Co.

Richland Coffee Club 1st
Thurs monthly 8-10AM @
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.

Grief Support Group- Schreiner Memorial Library. Last Monday of each
Month @ 6:30pm. Lead by Kim White, Mindfulness Matters

Compassionate Friends- 2nd Monday of the month at 6:30pm. Boscobel
Public Library. Lead by Tammy Clauer: tammy.clauer@gmail.com

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