**How to get a Coalition Started in your area**

1. See if a county near you already has a coalition you could have extend into your county or help you get started. Find out what support groups are already in place.[**www.preventsuicidewi.org**](http://www.preventsuicidewi.org)and click on “Coalitions and Crisis Lines”
2. **Gather interested people in your area:**

Create an e-mail list of interested individuals. Most of these e-mails can be found on their webpages. Reach out to the following:

* School districts counselors, nurses, social workers, psychologist, teachers, principals, health teachers.
* Police Departments, Hospitals, therapist/ counselors, funeral home directors, Ag businesses, Extension office, County Social Workers, County Veterans Support Person, County Nurse.
* QPR Trainers in your county or surrounding counties. Can be found on [www.suicide-iowacountywi.org](http://www.suicide-iowacountywi.org) and click on “Learn More” in the middle column at the top you will see “Find a QPR Trainer in Wisconsin” click on it to find someone (and their contact information) in your area.
1. **Start educating yourself:**
	* You will want to know the appropriate way to discuss Suicide and advertise events you will host
	* [www.suicide-iowacountywi.org](http://www.suicide-iowacountywi.org) and click on “Learn More”. You will find free webinars, book suggestions and more.
	* [www.preventsuicidewi.org](http://www.preventsuicidewi.org) and click on “Training/Education”. You will find more webinars and book lists.
	* [www.sprc.org](http://www.sprc.org) (Suicide Prevention Resource Center) click on any and all of the following: Effective Prevention, Resources & Programs, Trainings.
2. **Create a Mission Statement** that will help guide you in your endeavors. Depending on the needs in your community you may want to keep your mission more general to include all age groups. Please look at other coalition’s missions or vision statements for ideas.
3. **Thing you can start doing today for free:**
	* Start a **facebook page** with positive messages and events in your area. Don’t focus on the negative or local losses this may be seen as sensationalizing the act of suicide.
	* Write **letters to the editor** in your local newspapers. Create an e-mail list of all newspapers in your area so you only have to send one email. Following guidelines not to sensationalize suicide, but offering where people can find resources or events to participate in. Another idea is to summarize the important ideas from a webinar or trainings you have experienced.
		1. If you would like letters to the editor previously submitted sent to you, please contact SPCICWI@gmail.com
		2. Sign up to receive “Weekly Spark” newsletter from Suicide Prevention Resource Center that comes out weekly. [www.sprc.org](http://www.sprc.org) (Suicide Prevention Resource Center) click on “News & Highlights” *Subscribe* to the Weekly Spark.
	* Set up a **QPR Training** at your schools (Staff or Students), libraries, Businesses, churches or anywhere that will have you.
	* **E-mail the link to “Funeral Home Directors**” - all of your local funeral homes. [www.suicide-iowacountywi.org](http://www.suicide-iowacountywi.org) click on “Get Help” Scroll down toward the bottom to “Coping with Loss”
	* **Library Displays:**  Ask public & School libraries to put out a variety of self help, grief, depression, mindfulness, self-care books and print information from [www.suicide-iowacountywi.org](http://www.suicide-iowacountywi.org) “Teaching About Suicide” go to Sports Nights Dedicated to Prevention and print what you would like for library to also have available.
	* **Set a date for a suicide memorial walk** that is in correlation with another event taking place in your community. The registration fees pays for the materials. For assistance contact: SPCICWI@gmail.com