Suicide Prevention Newsletter

# Summer Camps

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# TRAININGS

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FREE Online Trainings

CEU available upon request!

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Suicide Prevention Coalition of Iowa County WI May, 2019

### Mental Health, Self-Discovery & Family Support Month

Preparing Curriculum for next month:

June is LGBTQ Pride, Men’s Health & PTSD Awareness Month

June 10-16, 2019 National Men’s Health Week

* Wear Green for Mental Health Awareness on a set date
* Have males from the community come in and teach self-care or healthy options for stress relief.
* Poetry or Poster contest focused on Men’s Mental Health

What is QPR?? Question Persuade Refer (QPR):

Learn 3 easy steps to help yourself or learn more about preventing suicide, common causes, and the warning signs of suicide. Iowa County has set up monthly QPR Trainings that are open to the public. To find a date, time and location go to our website: [www.Suicide-IowaCountyWI.org](http://www.Suicide-IowaCountyWI.org) “Learn More” Center column “Local QPR Training 1.5 hr.”

Suicide Prevention in Your School:

On our website you will **find a form letter to parents** in case of a suicide in your district. This form letter can be modified to also be used if there was a public suicide attempt and the student is going through recovery and family or students want to support the family, but need guidance on what is appropriate.

# Curriculum Resources

[www.suicide-IowaCountyWI.org](http://www.suicide-IowaCountyWI.org) (tab) “Teaching About Suicide”

# Black Dog Named Depression: Is an excellent video that illustrates what it feels like to have depression and some simple steps to do to help yourself with the depression.

Choose to Stay: Is a video of a teenage boy talking about being depressed and reaching out to get help.

Grief Support Groups in Southwestern Wisconsin

[www.Suicide-IowaCountyWI.org](http://www.Suicide-IowaCountyWI.org) -“Get Help”

# LaFayette Co.

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# Grant Co.

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**Survivor of Suicide (SOS)**

1st & 3rd Thursday 5pm-6:30

UW Platteville – 1 University Plaza

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**You’re Not Alone**

Teen Support Group

Katie Grady 608-342-3009

# Vernon Co.

**Compassionate Friends**

2nd Sunday of Month 5:00pm

1020 High Ave. Hillsboro

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

Crawford Co.

**Grief Support Group**

1st Thursday @ 7:00pm

Crossing River Health-Polodna Conference Room

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)

# Iowa Co.

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**Sharing Grief of Suicide Loss**

2nd Thursday of each month, Open to anyone that has suffered a loss due to suicide. Dodgeville. 303W. Chapel St

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**Iowa County Veterans and First Responders Community Group**

Cobblestone Coffee House @ 8:00am: 3rd Thurs of the month, 239 N Iowa St, Dodgeville, WI 53533  
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**Compassionate Friends -**Dodgeville

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

Contact: (608) 604-1723 or [Julie.Henneman@landsend.com](mailto:Julie.Henneman@landsend.com)

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**Grief Support Group**

Shannon Radel, Bereavement Social Worker (608) 930-8000

Upland Hills Health, Dodgeville.

Sauk Co.

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**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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**Bridges: Grief Support Group:**  Every other Wednesday 10:00am-11:30

Reedsburg Library 370 Vine St. Reedsburg. (also Richland County)

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

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**Stress Among Farming Communities and Suicide** **Awareness** Forum is planned for February and March but will not be offering presenters during April – October. Plans to start again in November will be shared at that time.