Suicide Prevention Newsletter

# Events

[www.Suicide-SWWI.org](http://www.Suicide-SWWI.org)

Events Calander on home page.

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**Shine the Light Lancaster Luminary Event**

**September 9 @6pm-8pm**

Presentation at 7:00pm

Lancaster Square.

Free Luminaries

Contact: briechers@grantregional.com

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**Candle (Light) in your front window / Porch**

**September 10 @ 8p-10p**

An event in memory of suicide victims/ family/friends

**Trainings**

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**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/>)

 contact SPCICWI@gmail.com

Offered by Am. Foundation of Suicide Prevention

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**QPR Training**

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**FREE QPR**

Iowa County Sheriff Dept.

**October 10**

**9a, 1pm, 4pm, 7pm**

Contact: SPCICWI@gmail.com

Suicide Prevention Corporation Southwest WI September 2023

“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](http://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%) between2000-20017
* 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](http://www.Suicide-IowaCountyWI.org)

# LaFayette

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**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** 1stt 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