

Suicide Prevention Newsletter

Suicide Prevention Coalition of Iowa County WI

February, 2020

EVENTS



Dodgeball Team – Register today!

www.suicide-iowacountywi.org

Sunday, March 15 at Mineral Point High School Gymnasium



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



Exhale Fitness, Dodgeville

Is teaming up with Suicide Prevention. We will giving away Gift Certificates to Exhale Fitness for free classes to randomly drawn people that like or comment on our facebook page by **Feb. 10**

Suicide Prevention Coalition of Iowa County Wi

Physical Health will improve your mental health.

TRAININGS



QPR - Dodgeville

Wednesday, February 26
5:30pm- 7:00pm

Iowa Co. Health and Human Services Building, Dodgeville
www.Suicide-IowaCountyWI.org



Suicide Prevention in Your School:

When A Child's Friend Dies by Suicide

- Deal with your own reactions
- Avoid gossip about the causes
- Remain nonjudgmental about the deceased
- Share your reactions with your child
- Ask for his/her response and validate it
- Acknowledge rumors and put into context
- Underscore the dangerous behavior of the deceased
- Introduce topic of help seeking
- Keep channels of communication open!

More Details on: Suicide-IowaCountyWI.org tab: "Teaching about suicide" left hand column: "Resources" scroll down to: What to tell Children about suicide

Awareness Sports Night!!

Set a date for hosting a suicide Prevention Awareness Night at your school during a home game!! It is a fun and easy way to break down stigmas and spread awareness. Contact: SPCICWI@gmail.com

Check out our website: Suicide-Iowacountywi.org

New information on: Environmental causes of depression, online therapy resources, podcast that may help with depression.

Curriculum Resources Online - March

www.suicide-IowaCountyWI.org - "Teaching about Suicide"

Awareness Month Resources – March

March 1 – 8: Sleep Awareness Week

- Teaching Kids why Sleep is Important
- K-12 Lesson Plans " Sleep Education"
- K-2 gr. Lesson Plans "Sleep"

Self- Harm Awareness Month

- High School Counselor Activities
- Guide for teachers & Schools
- Resources and statistics & Info from Mental Health America

Grief Support Groups in Southwestern Wisconsin

www.Suicide-IowaCountyWI.org

LaFayette Co. &

Grant Co.



Jason Thilges, will be in the Veterans Center at the Iowa County Health & Human Services Bldg. **1st and 3rd Thursday of each month.**

Vernon Co.

Compassionate Friends

2nd Sunday of Month 5:00pm

1020 High Ave. Hillsboro

Contact: (608) 489-2571.

TCFofhillsandvalleyregion@hotmail.com

Crawford Co.

Grief Support Group

1st Monday @ 5:00pm

Crossing River Health-
Polodna Conference Room

Haley Kregel: 608-357-2449

Richland Co.

Grief Support Group

Richland Hospital (Agrace)
(608) 647-6321

Iowa Co.

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 7:00pm-9:00pm



Compassionate Friends -Dodgeville

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

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



Veterans Mental Health

Jason Thilges, will be in the Veterans Center at the Iowa County Health & Human Services Bldg. **1st and 3rd Thursday of each month.** The Vet Center's services are only available long term to combat veterans. They are able to meet with non-combat veterans on a limited basis.

Vet Center telephone number is (608)264-5342

Open to Vets from: **Richland, Lafayette, Grant and Crawford**

Sauk Co.

HOPE Sauk Prairie- Peer to Peer Survivor Support Group

Traumatic/ Completed Grief Support Group (Suicide / Overdose)

- 2nd Thursday of each month, 7:00pm-8:00pm
821 Industry Dr. Sauk City



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