

prevent suicide
COLUMBIA COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

www.PreventSuicideColumbiaCounty.org



Find us on
facebook

**If you are
in crisis,
call**

1-888-552-6642

Northwest Connections
For residents of Columbia County

2018 Walk for Hope FUNDRAISING PACKET

SUPPORT
HOPE 
WALK FOR HOPE
LIFE 2018
 **Awareness**

ABOUT PREVENT SUICIDE
COLUMBIA COUNTY

FACTS ABOUT SUICIDE &
DEPRESSION

DONATION INFORMATION

FUNDRAISING IDEAS

Saturday, September 22nd, 2018

10:00 am – 12:00 noon

**Portage High School Track
305 East Slifer Street
Portage, WI**

RAIN or SHINE

About Prevent Suicide Columbia County

The funds you raise will benefit Prevent Suicide Columbia County and its local suicide prevention initiatives, including:

- Free QPR (Question, Persuade, Refer) suicide prevention training that teaches 3 simple steps anyone can take to save a life from suicide
- Support groups for survivors of suicide loss
- Public information campaigns, including social media and an on-screen video shown at local movie theaters
- Supporting community sectors, like law enforcement and mental and physical health care providers, to implement best practices for preventing suicide
- Increasing access to local mental health care services

Our Vision

A suicide-free community where people will recognize the warning signs, intervene, and help individuals find hope.

Our Mission

To prevent suicide through awareness, education, collaboration, and improved access to mental health care, and to support those who have lost a loved one to suicide.

Facts about Suicide & Depression

Studies show that the best way to prevent suicide is through the early recognition of warning signs and treatment of depression and other psychiatric illnesses.

- A person dies by suicide about every 13 minutes in the U.S. An attempt is estimated to be made once every minute. Suicide is the 10th leading cause of death in our country.
- Suicide is the 2nd leading cause of death for Wisconsin youth (after car accidents).
- In Columbia County, there are about 12 suicide deaths per year. This rate is higher than the state average.
- Americans at highest risk of suicide are 45 to 64 years old. Second highest risk: those 85 and older.
- There are four male suicides for every female suicide, but three times as many females as males attempt suicide.
- Over 60 percent of all people who die by suicide suffer from major depression. If including alcoholics who are depressed, this figure rises to over 75 percent.
- Depression affects nearly 10 percent of Americans ages 18 and over in a given year, or more than 24 million people. More Americans suffer from depression than coronary heart disease or cancer.
- Depression is highly treatable. Between 80 percent and 90 percent of people with depression respond positively to treatment, and almost all patients gain some relief from their symptoms. But first, depression has to be recognized.

Donations

We accept checks and money orders made payable to “Columbia County.” You can mail these to:

Columbia County Health and Human Services
Attn: Kristal Rykiel-Summerton
PO Box 136
Portage, WI 53901

You may also turn in donations (cash, check, or money order) during check-in at the Walk. Please include an [Itemized Donation Form](#) (see next page) so we can track your contributions. **We have a prize that raises the most money!**

Before submitting donations (via mail or in person), please:

- CLEARLY print your name on the memo line of the checks (this ensures that the donations are properly attributed to you and your team.)
- **We cannot accept cash donations via mail.** If you receive a cash donation, please convert it to a check or money order and send it to Columbia County. You may also turn in cash on the day of the walk.
- If a donor wishes to remain anonymous, please indicate this on the Itemized Donation Form.

The IRS will accept a canceled check as a receipt for all donations under \$250. Donations of \$250 and above will receive a written acknowledgment to the address provided.

Please make checks or money orders payable to:

Columbia County

Questions about the Walk?

For registration, sponsorship, volunteering, or fund raising questions please contact:

Kristal Rykiel-Summerton
Facilitator of Prevent Suicide Columbia County
kristal.rykiel@co.columbia.wi.us or 608-742-9274.

Volunteer Opportunity

Without volunteers, the Walk for Hope would not be successful. Please consider volunteering a small amount of your time the day of the walk. Volunteers are always welcome and needed for set up and clean up. If interested in volunteering, please contact Kristal @ kristal.rykiel@co.columbia.wi.us or 608-742-9274.

Itemized Donation Form

Name (First & Last): _____

Email: _____

Phone: _____

Team Name: _____

(Minors must have this form signed by a parent or guardian)

Parent/Guardian **X**

Make Checks Payable to:

COLUMBIA COUNTY

| | DONOR NAME | ADDRESS | DONATION AMOUNT | COLLECTED |
|----|-------------------|--|-----------------|-----------|
| | EXAMPLE: JOHN DOE | 1111 MAIN ST., ANYTOWN, ANYSTATE 12345 | 25.00 | ✓ |
| 1 | YOUR OWN DONATION | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |
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| 14 | | | | |
| 15 | | | | |

TOTAL TURNED IN TODAY

\$ _____

ASKING FOR DONATIONS: TIPS & IDEAS

RAISE \$200 IN 10 DAYS!

Put in your own \$20 contribution, then each day ask another person for \$20. Try your significant other, family members, friends, supervisor, co-workers, neighbors, and local business owners. You won't raise money if you don't ask. Try: Church or Synagogue Members, Coach, Contractor, Cousin, Landscaper, Banker, Vendors, Librarian, Grandparents, Clergy, Roommates, Veterinarian, Dentist, Florist, Teacher....

HOLD A TEAM FUNDRAISER

Get creative! Try: a car wash / team garage sale / ask restaurants or other businesses to give a percentage of their proceeds from one day of business / bake sales / Coordinate a Bowl-a-thon. Once the money is collected, divide it between the teams/walkers and send it in with the offline donation forms. You can also turn donations in the day of the walk.

MATCHING GIFTS

Many large corporations have a matching gifts program, where the company matches charitable donations made by employees. Encourage your donors to contact their Human Resources Department at work to see if they have a matching gifts program.

LETTER WRITING CAMPAIGN

One of the most effective ways to reach people, invite them to join your team, AND raise money is to conduct a letter writing/ email/ social media campaign. Many walkers use Twitter, Facebook, LinkedIn, blogs, and other social networking sites to ask for donations and to recruit friends and family to join them in walking.

Tell your story. Be personable-- have it come from the heart. Once you have written your letter, send it out to people, including your immediate family and friends, neighbors, business owners, vendors etc. Not sure where to begin? On the next pages are two samples to letters to get you started – don't forget to personalize them.

SAMPLE LETTER ONE, for those walking in a team on behalf of a loved one. Colored text will need to be personalized with your information.

Dear Friends,

After his long battle with depression, my family lost a father, husband, brother, uncle, grandfather, and friend in June of 2004 to suicide. We are all forever changed by this tragic event. My hope is that through education and awareness, those suffering with a mental illness will be prompted to seek help.

This year, I will be participating in the sixth annual Walk for Hope benefiting Prevent Suicide Columbia County on September 22, 2018 at the Portage High School track. Funds from this event will support local suicide prevention efforts, including:

- Free QPR (Question, Persuade, Refer) Suicide Prevention Training that teaches 3 simple steps anyone can take to save a life from suicide
- Public information campaigns, including social media and an on-screen ad at the local movie theater
- Support groups for survivors of suicide loss
- Increasing access to local mental health care services
- Supporting community sectors, such as law enforcement and providers of health and mental health services, to implement suicide prevention strategies.

In past years, the community walk raised over \$7 thousand. This year we are hoping to beat that!

Please visit www.PreventSuicideColumbiaCounty.org and register to walk with me and my team, "Team George." If you are unable to join, please consider donating to help me reach my goal. You may send a check or money order made payable to Columbia County to:

Columbia County Health and Human Services
Attn: Kristal Rykiel-Summerton
PO Box 136
Portage, WI 53901

Please write my name and Walk for Hope in the memo line of all donations. Thank you so much for your support!

With much love,

Ben

SAMPLE LETTER TWO, a more general request for funds

Dear Friend,

Did you know?

- A life is lost to suicide every 13 minutes in the United States.
- Suicide is the second leading cause of death for Wisconsin youth.
- In recent years, there has been about one suicide per month in Columbia County. This rate is higher than the state average.

Despite these sad statistics, most people remain unaware that suicide is a public health problem that can be prevented.

On September 22, 2018, Prevent Suicide Columbia County will host its fifth annual Walk for Hope at the Portage High School track. Funds from this event will support local suicide prevention efforts, including:

- Free QPR (Question, Persuade, Refer) Suicide Prevention Training that teaches 3 simple steps anyone can take to save a life from suicide
- Public information campaigns, including social media and an on-screen ad at the local movie theater
- Support groups for survivors of suicide loss
- Supporting community sectors, such as law enforcement and providers of health and mental health services, to implement suicide prevention strategies.

Please consider walking with us at to raise awareness and funds for suicide prevention. On-line registration is now available at www.PreventSuicideColumbiaCounty.org. You may register individually or as part of a team. If you are not able to join us, perhaps you would consider making a donation. Checks and money orders can be made payable to Columbia County and sent to:

Columbia County Health and Human Services
Attn: Kristal Rykiel-Summerton
PO Box 136
Portage, WI 53901

Please write Walk for Hope (and My Team Name) in the memo line of all checks. Thank you so much for your support!

For more information please contact me at {email@email.com} or call me at (555) 222-3333. Thank you for your support.

Sincerely,
Barbara