

## Prevent Suicide Columbia County E-News

Prevent Suicide Columbia County <saraj@mail253.bms6.bmsend.com> on behalf of  
Prevent Suicide Columbia County <saraj@cwcac.org>

Wed 5/3/2017 8:53 AM

To: Sara Jesse <saraj@cwcac.org>;

### **May is Mental Health Awareness Month!**

Join our efforts to reduce stigma and prevent suicide.

- [Register today](#) for NEXT WEEK'S second annual Gathering on Mental Health, May 12 & 13 at Durward's Glen. Featuring trainings on *Creating Trauma-Sensitive Communities* and *Honest, Open, Proud: to Address the Stigma of Mental Health*. Space is still available for this exciting learning opportunity!
- Our new public service announcement video, Mental Health Matters, is now showing at the Portage Movie Theatre before each movie rated PG or higher. Share it on Facebook, Twitter, YouTube, or your web page!
- As always, we offer a FREE 60 to 90-minute suicide prevention training for people of all backgrounds... schedule yours today! Learn 3 steps you can take to save a life: Question, Persuade, and Refer to resources.
- Help wanted: distribute our suicide prevention posters at local gathering spots. Contact us for delivery.
- Save the Date: Our 5th annual Walk for Hope is on Saturday, September 23 at 10am at the high school track in Portage. Stay tuned for details!

We typically meet on the third Thursday of the month, but **our May meeting has been canceled**. [Our next meeting is on June 15 at 1pm in Portage at the Law Enforcement Center](#). In addition to our usual updates and discussion of activities, we'll have three special speakers at this meeting:

- Rick Raatz of CESA 5 will talk with us about mental health initiatives in our local schools
- Susan Lorenz, Columbia County Health Officer, will recap what she learned at a Prevent Suicide Wisconsin conference breakout session, "7 Things NOT to Say to a Veteran."
- Staff from Compass Counseling will share highlights of the one-day training event for mental health care professionals, "Assessing and Managing Suicide Risk."

All are welcome! Unable to attend meetings? Not a problem! Contact us to talk

about how we can help your family, agency, or organization address our county's high rates of suicide.

**Thank you for your support!**

**Download the notes from our last meeting**

**Download the agenda for our next meeting**

**Visit our website**

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### **Help distribute our two posters, shown above!**

We would be happy to deliver copies of our newly printed posters (11 X 15 inches) for you to display in your workplace, school, organization, or other location. Think breakrooms, bathrooms, waiting rooms, events, and other public or private spaces. Just let me know how many of each of the posters you would like and where to drop them off. Thank you for helping us spread our main messages: You can Prevent Suicide and Your World Needs You.

**Mental Health Matters: Our new 30-second public service announcement**, stars local talent and was created by a Madison Media Institute student. It is now showing at the Portage Movie Theatre! **Please share this video on social media and your website.** Check it out on YouTube: <https://www.youtube.com/watch?v=VX5B99P4F8M>.

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**Register today for NEXT WEEK'S second annual Gathering on Mental Health: May 12 and 13 at Durward's Glen**

Lodging and scholarships are available. To register or for more information, contact us or visit: [www.durwardsglen.org/events.html](http://www.durwardsglen.org/events.html).

**Creating Trauma-Sensitive Communities**

**Friday, May 12 from 10 AM - 4 PM. Registration begins at 9:00 AM. Lunch is included in the \$25 registration fee.**

Trauma is extreme stress that overwhelms a person's ability to cope. It can be a single event, a series of events, or a chronic condition, such as childhood neglect or domestic violence. Those who experience trauma as children or adults are much more likely to develop problems with mental and physical health and substance abuse. Trauma-informed communities acknowledge the role that trauma has played in people's lives, recognize the symptoms of trauma, and shift their perspective from "What's wrong with you?" to "What happened to you and how are you coping?"

**For anyone interested in recognizing and reducing the effects of trauma, including:**

- Leaders and members of churches, businesses, non-profits, and agencies

- Service providers in the fields of mental health, healthcare, and social services
- People living with mental health challenges, their families and friends
- Community members

### **Honest, Open, and Proud: Addressing the Stigma of Mental Health**

**You asked, we listened: a training just for people living with a mental health challenge.**

**Friday, May 12: 5:30 - 8:30 PM and Sat. May 13: 8:30 AM - noon**

**Registration begins at 5 PM Friday with snacks. Saturday's breakfast and lunch are included in the \$15 registration fee.**

The #1 best practice for eliminating the stigma of mental health is for people living with these challenges is to share their stories. If you have a story to share, you may be wondering who to tell, what to say, and what downsides there are to disclosing. We'll explore these topics and also take a look at the stories we tell ourselves to discern helpful and hurtful self-attitudes.

**[Click here for more information and to register](#)**

## Thank you for your support!

Walking with a friend in the dark is better than walking alone in the light." --Helen Keller

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