

# prevent suicide

SAUK COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

## Mental Health Related Events & Trainings Calendar

Did you know that Credible Mind Sauk County has an Events & Trainings page?



We invite you to check this page often for events related to mental health available in our area as well as virtually. Scan the QR code at right or go to:

**Credible Mind SC.** A few examples of trainings currently listed are:

- 1/14 NAMI Family to Family Program
- 1/15 QPR Training
- 2/4 RACE Suicide Prevention Training
- 3/14 Mental Health First Aid Course
- Support Groups specific to: Peer Support, LGBTQIA+, Young Adult & more

*To have events posted, send them to [jodie.molitor@saukcountywi.gov](mailto:jodie.molitor@saukcountywi.gov).*

## Improving Youth Mental Health in 2025

This free virtual luncheon will explore how policymakers and the healthcare community can improve youth mental health in 2025.



**Wednesday, January 15, 2025 noon - 1 pm**

The event will feature four panelists:

- Maureen Busalacchi, director of the Division of Alcohol Policy Prevention and Research at the Medical College of Wisconsin and current president of the Wisconsin Public Health Association Inc.
- Dr. Mary Pfeiffer, retired (2024) Neenah Joint School District superintendent
- Debbie Patz, vice president of Bellin Psychiatric Center, Emplify Health
- Erich Pfeifer, president and CEO of Marine Travelift

*Sponsored by Bridge and Build Wisconsin.*

[Register Here](#)

## Supporting Parents in Distress

Are you experiencing stress, worry, or anxiety following your child's suicide attempt, self-harm or other dangerous behaviors?

## Free 8-week program beginning February, 2025

- Educational Content: Focused on understanding stress, trauma (including suicidality), emotion dysregulation, and family dynamics.
- Individual Skills: Equipping parents with practical tools to reduce fear, manage painful emotions, and enhance relationship skills to foster stronger connections with their child and others.
- Group Support: The course is delivered in a group format, providing essential peer support and a collaborative space for practicing new skills.

This evidence-based program is completely free and offers both education and peer support to parents. Sessions are held once a week for 8 weeks, providing a consistent, structured approach to support.

If interested please visit the **Family Connections Programs** for more information or scan the QR code below to enroll.



**Register  
Here**

## Coping after a Traumatic Event

It's completely natural to feel a sense of unexplained grief, especially in light of recent events that may have impacted you deeply. At Sauk County Credible Mind, they understand that navigating these emotions can be challenging, and are here to support you every step of the way. Their extensive resources—including articles, podcasts, and insightful videos—are designed to help you understand your feelings and find effective ways to cope. Remember, it's perfectly okay to feel overwhelmed at times, and we want to provide you with the tools to help you move forward and find your footing again. You are not alone in this journey, and we encourage you to explore this content for guidance and comfort.

**Credible Mind  
Resources**

## Do you have lived experience with suicidal thoughts, feelings or actions, and have a passion for helping others going through it?

Then consider applying to be an Alternatives to Suicide (Alt2Su) Group Facilitator.

Alt2Su groups create a space for non-judgmental, open conversation about suicide and other taboo topics. They are based on a peer support approach, rather than a clinical one. If interested, apply for the next Alt2Su Group Facilitator Training as presented by the Wildflower Alliance and sponsored by Mental Health America of WI with the primary purpose of training

people to start their own groups in their own area.

Before completing the application, read the following article:

[www.communitypsychology.com/new-approach-to-suicide/](http://www.communitypsychology.com/new-approach-to-suicide/).

Please complete **this form** to be considered for this training by **February 18th, 2025**.

## Primary Care Can Play Key Role in Suicide Prevention



A recent study funded by the National Institute of Mental Health found that when primary care clinics added suicide care practices to routine visits, suicide attempts dropped by 25% in the 3 months after the visit. The findings highlight how impactful it can be for primary care clinics to take an active role in preventing suicide and help empower health systems to integrate those practices into clinical care.

[Read More](#)

## Learn How to Support People with Substance Use & Suicide Concerns



It can be overwhelming for families, friends, and colleagues to try to help someone who is struggling with substance use and suicidal thoughts. And for those in rural areas, it can sometimes feel even more isolating.

But you're not alone, and you don't need to be an expert to help. Click below for more info on an eLearning course that can help you.

[Read More](#)

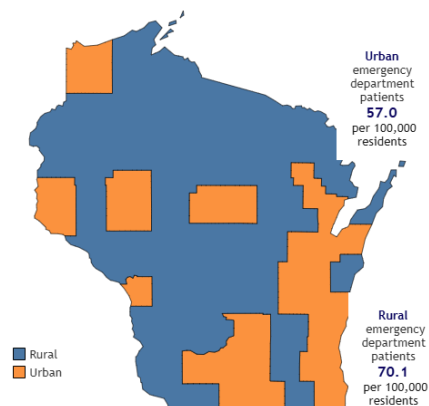
## Updated self-harm data dashboard now available

An updated version of the self-harm data dashboard is now available on the Wisconsin Department of Health Services website. The revised dashboard features 2023 data.

Please reach out to Pamela Imm at [pamela.imm@dhs.wisconsin.gov](mailto:pamela.imm@dhs.wisconsin.gov) with any questions you may have on the updated self-harm data dashboard.

[Click Here for the self-harm data dashboard.](#)

Age-adjusted rate of emergency department patients with self-harm by urban/rural county (per 100,000 residents), 2023



Need support when life is difficult?  
Call UpliftWI at:

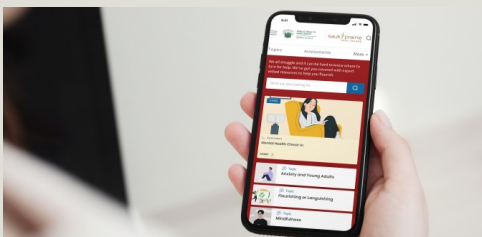


**UPLIFT WI**  
HERE WHEN YOU NEED AN EAR

**534-202-5438**

Call 534-202-5438 to reach Uplift WI

This line is for Wisconsin residents and is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences. Call if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with. This warmline is available



**It's ok to not be ok.**

CredibleMind and Sauk County are here to help.

**Your Mental Health Matters!**

We all struggle and it can be hard to know where to turn for help. Credible Mind has got you covered with resources to help you flourish! Scan the QR code below or **CLICK HERE**.



**SAUK COUNTY**



**RESOURCE GUIDE**

**DYK??** Sauk County has an updated guide to provide a variety of resources for Sauk County residents such as:

- Addiction Services
- Disability Resources
- Aging Resources
- Food Pantries
- Homelessness Help
- Housing Assistance and much more!

**Click here for guide**

Join our next Prevent Suicide Sauk County meeting  
Monday, February 17 at 11 am.



Add'l 2025 dates: April 21, June 16, August 18, October 20, December 15

Contact Jodie Molitor, Health Educator at [jodie.molitor@saukcountywi.gov](mailto:jodie.molitor@saukcountywi.gov) for details.



Try email marketing for free today!