

prevent suicide

SAUK COUNTY

PARTNERS SAVING LIVES IN WISCONSIN

Soup for the Soul - Internet Safety for Parents & the Community

Sun, Nov. 17 from 5-6:30 pm - Enjoy a free, light supper and learn about addressing and preventing online risks for youth such as inappropriate content, online privacy, online enticement, sexting, sextortion, and cyberbullying. Held at the Reedsburg Rec Center - All are welcome!
Questions? Call 608.524.3913 or email: deaconmarybeth833@gmail.com.



soup for the soul

Enjoy a free light supper and time to rest and recharge while learning about improving your mental health or helping others facing mental health challenges.

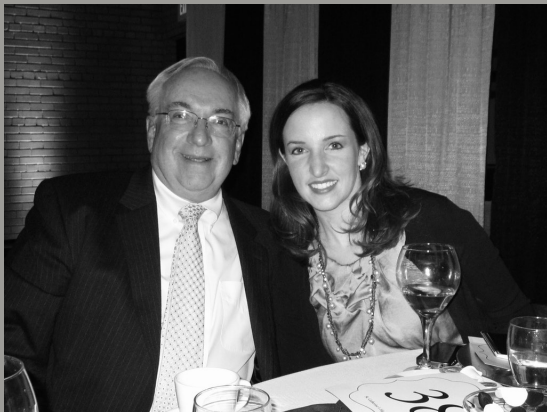
DATE

The third 2024 session:
November 17 5 pm-6:30 pm

LOCATION

Sessions this fall will be at the Reedsburg Rec Center (food pantry & voting site). Invite a friend.

The Mental Hug I Needed



International Survivors of Suicide Loss Day, also known as Survivor Day, takes place each year on the Saturday before American Thanksgiving, with virtual and in-person events in communities everywhere. Learn more and find an event near you.

Winter can be a difficult time for bereaved families, particularly those who've lost someone to suicide. If grief can be compared to a thermostat, the pain dial seems to line up in perfect sync with the cold outside world.

[Read More](#)



Peer-led program can help teens address mental health challenges

Sources of Strength is a nationally-recognized suicide-prevention program active in hundreds of Wisconsin schools. Advocates say it is one of the few prevention programs that has research behind it showing it can work.

[Read More](#)



Recognizing Cyberbullying

It's crucial to bring awareness to the growing issue of cyberbullying and its impact on mental health. In today's digital world, harmful behavior often lurks behind screens, making it harder to detect but just as damaging.

Today we're focusing on recognizing the **signs** of cyberbullying and understanding its effects on individuals, particularly young people. From subtle exclusion in group chats to hurtful comments on social media, cyberbullying can take many forms. And while it's important to address and prevent these actions, one must first know the warning signs.

[Read More](#)



UPLIFTWI
HERE WHEN YOU NEED AN EAR

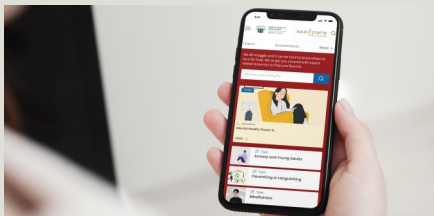
Call 534-202-5438 to reach Uplift WI

Need support when life is difficult?

Call UpliftWI at:

534-202-5438

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, December 16 at 11 am.

Contact Jodie Molitor, Health Educator at jodie.molitor@saukcountywi.gov for details.

Public Health Sauk County | 505 Broadway, Ste 372 | Baraboo, WI 53913 US

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