

OUR MISSION

TO PREVENT SUICIDE IN PORTAGE COUNTY BY PROVIDING HOPE, CREATING AWARENESS AND FACILITATING CHANGE IN THE COMMUNITY TO SUPPORT MENTAL HEALTH.

OUR VISION

A SUICIDE-FREE PORTAGE COUNTY



suicidepreventionportagecounty.org



Prevent Suicide Portage County



@pococoalition

FOLLOW US



Come join us for a day of unity and support at Lake Pacawa Park. Let's walk together to spread awareness and raise funds for a great cause. This year marks the 19th anniversary for the Walk for Hope in our community. This event is all about coming together as a community and making a difference. Whether you're walking for a loved one, a friend, or yourself, every step counts towards a brighter future. Let's make strides towards hope, awareness, and healing. See you at the walk!

Same day registration available on day of event!! Shirts available in limited quantities for same day registration on first come first serve basis.

******Orders placed after August 15th are not guaranteed a T-shirt*****

Fee: \$20 per walker registration (14 years and older) – includes one shirt if registration received prior to August 15th. Registrations received after August 15th are not guaranteed a shirt.

Shirts are available on day of Walk or in advance - see date / time below.

- Friday, September 12th, 12 pm - 1 pm
@ Anderson O'Brien Law Firm
- 1257 Main St, Stevens Point, WI 54481

**Thank you to our
Walk for Hope sponsors!**



Walk Registration



<https://bit.ly/WalkforHope2025>

A look back to the first half of 2025...

Resource and Awareness Tables

Authentic Identities April 2025



Safety Fair May 2025

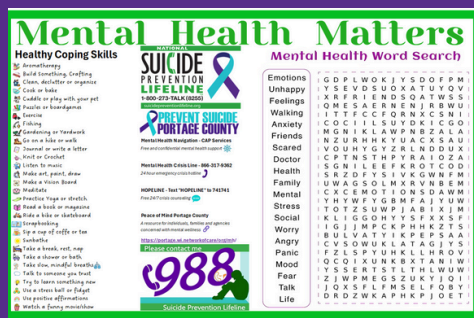


Dog Bandanas

May Mental Health Month 2025

Distribution of mental health resources: coasters, placemats, green lights, and chalk.

Placemat



QPR Training



Coaster



SPFD Lit Up Green



Aspirus SP Lit Up Green



Events Attended

- Rural Community Connections Taskforce events (January - March 2025)
- Community Inclusion Showcase (3/12/2025)
- NAMI Annual Mental Health Matters Event (5/7/2025)
- Mark Motors Safety Fair (5/17/2025)

- Stevens Point PRIDE (6/14/2025)
- Noble Community Clinics Opening Event (7/26/2025)
- Celebrate Plover (7/26/2025)

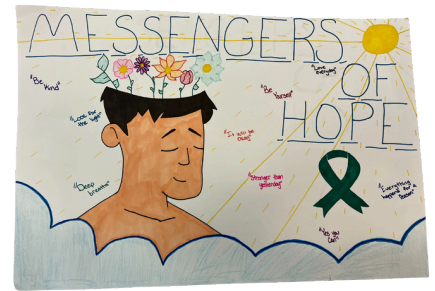
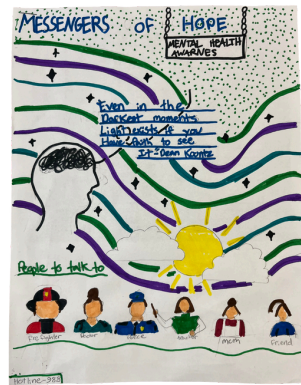
Our May Mental Health Poster Winners

Grades k-5th winners:

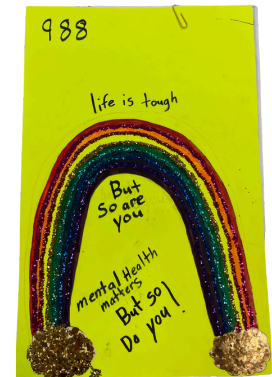
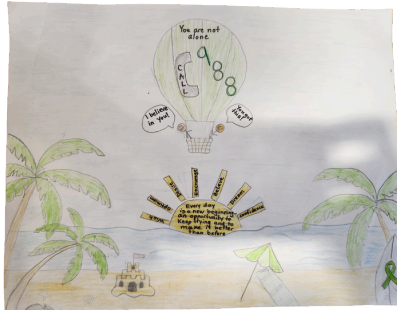
Grades 6-9th winners:

Grades 10-12th winners:

1st
Place



2nd
Place



LOCAL SUPPORT GROUPS

Survivors of Suicide Support Group

This group provides support for those who have lost a loved one to suicide. The group meets at Dunkin Donuts, 617 Division St. The group meets the 1st Monday of each month from 6:30 PM to 7:30 PM. For additional information or questions, contact Michelle Nelson at (715) 346-5401.

Mental Health Wellness Group

This group provides a diverse range of knowledge for those who seek encouragement, hope and support. The group meets on the 3rd Monday of every month at Midstate Independent Living Choices, 3262 Church St in Stevens Point Choices from 6:00 - 7:00 PM. It is free to attend and open to the public.

- August 18th - Parenting Coping Skills
- September 15th - Coping Skills - Managing Anxiety
- October 20th- Self-Care (Mindfulness)
- November 17th - 5 Steps to Living Well with a Mental Illness

NAMI Family Support Group

Family Support Groups are for family members or friends with a loved one dealing with mental illness. This group meets on the 1st Monday of the month at St. Paul Lutheran School, 1919 Wyatt, from 6:30–8:00 PM. Please use Door 3 to enter from the parking lot and follow the signs downstairs. An elevator is also available on the main level. Contact Linda at 715-572-7135 or Paula at 715-544-2207 for more information or if you need transportation.

NAMI Peer Support Group

Peer Support Groups for individuals living with mental illness. Our support groups are open to the public and led by trained facilitators who also deal with mental illness. This group meets on the 1st Thursday of the month at St. Paul Lutheran School, 1919 Wyatt, from 6:15–7:45 PM. Please use Door 3 to enter from the parking lot and follow the signs downstairs. An elevator is also available on the main level.

Older Adult Support Group

A mental health support group that offers a safe space for older adults affected by anxiety, depression, stress or other mental health concerns. They meet monthly, to discuss mental health, hear from guest speakers, and find social support with each other. The 3rd Wednesday of every month at the Aging and Disability Resource Lincoln Center. Contact ADRC at 715-346-1401 or adrc@co.portage.wi.us with any questions .

COALITION MEMBER SPOTLIGHT

SARAH AGENA

Hi, I'm Sarah Agena, and I've had the privilege of serving as the Community Engagement Coordinator at Noble Community Clinics for just over a year. In my role, I get to do what I love most—connect with our community and local partners, and help people access the resources and support they need.

Outside of work, you'll usually find me outdoors—hiking, biking, on the water, or simply soaking up nature. My happy place is being with friends, relaxing by the water or in the mountains. That's where I recharge and find balance.

Mental wellness has always been a part of my personal journey. I struggled when I was younger—especially with not knowing how to process emotions and dealing with bullying. Those experiences have shaped me and made me more committed to supporting others. I still work on balance every day, and I try to be someone others can turn to without judgment.

Most people who know me know that I'm an open book. Whether someone needs a safe space, a listening ear, or just someone to sit with them in a hard moment—I'm here. That's why being part of Prevent Suicide Portage County is so important to me. Together, we're building a stronger, more connected community where no one has to struggle alone.



**Mental
health
matters**

Upcoming Awareness Months

SEPTEMBER

Suicide Prevention Awareness Month
National Recovery Month

OCTOBER

National Depression and Mental Health
Screening Month
National Bullying Prevention Month

Other Upcoming Events

Project Fresh Start - August 16th @ PJ Jacobs

Cookies for a Cause - September 14th @ O'so Brewing

SPASH Color Run - September 27th @ SPASH

