



Picture from 2021 Walk for Hope

2022 Walk for Hope

The 16th annual Walk for Hope is happening on Saturday, September 10, 2022! This 5K walk is a way to raise awareness of mental health issues and provides a hopeful message to all people impacted by suicide and other mental health challenges.

Proceeds from the walk benefit ongoing services provided by Prevent Suicide Portage County, such as:

- Survivors of Suicide Support Group
- Community suicide prevention training (Question, Persuade, Refer (QPR))
- Community speakers on mental health related topics and workshops of mental health professionals
- Free gun-lock program at St. Michael's Emergency Department as well as at community events throughout the year
- Suicide prevention and mental health information resources at local community agencies

We hope to see you there!

[CLICK THIS LINK TO REGISTER FOR THE 2022 WALK FOR HOPE!](#)



@pocoalition



Prevent Suicide Portage County

suicidepreventionportagecounty.org/

Coalition Updates & Other News

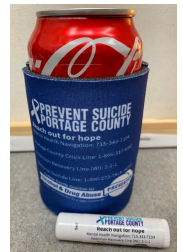
YARD SIGN CAMPAIGN

Throughout May there were 200 yard signs displayed all over our community to share positive messaging, spread awareness, and provide hope. Signs either had a grounding activity or breathing exercise on one side and a QR code on the other. The QR code would take the user to the Mental Health Navigation contacts and resources where they could reach out via phone or email for assistance in navigating available mental health resources, including the Mental Health Crisis Line. Keep your eyes peeled for these yard signs next year and check them out below!



RECOVERY CHAP STICK AND CAN KOOZIES

Prevent Suicide Portage County partnered with the Portage County Coalition for AODA Prevention to purchase chap stick and can koozies with recovery line information. These will be distributed to the tavern league to hand out at events and will be available at other community events throughout the year.



HMONG SUPPORT GROUP

Hmoob Kaj Siab support group is open to the Hmong community who are 18 years old and older. Hmoob Kaj Siab is a free, safe, and confidential space for healing, to socialize, learn about mental health and coping techniques, and activities for mental wellness. Hmoob Kaj Siab group's participants have done painting, practiced breathing exercises, affirmations and discussed mental health in the Hmong community. The group meets on the third Friday of each month from 5:30pm to 7:00pm at the Stevens Point YMCA. The meeting location can change, and participants will be notified. Light refreshments are also available. **The next group meeting will be on July 15 and August 19 for the summer. If interested, call Mai Thao 715-340- 7534 or mai.thao@capmail.org to sign up. Otherwise sign up here with this link <https://forms.office.com/r/RDv9mnewNb>**

Volunteer for Hmoob Kaj Siab

Hmoob Kaj Siab is looking for people to lead activities with children such as storytelling, coloring, and arts/crafts. Volunteers will be leading activities with kids during the Hmong Kaj Siab adult support group meeting. All volunteers need to pass a background check. Commitment is once a month Friday evening 5:30pm to 7:00pm. Call or email Mai Thao to sign up 715-340-7534 mai.thao@capmail.org.



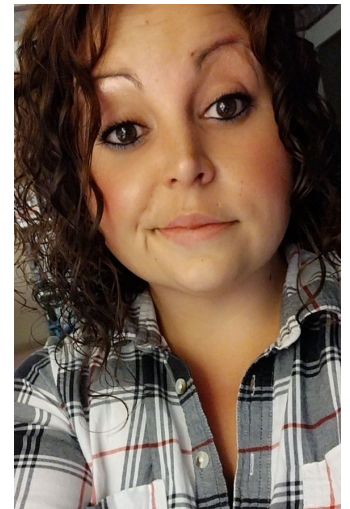
NATIONAL SUICIDE PREVENTION LINE: 988

As of July 16, 2022, anyone in mental health distress can call 988, send a text to 988, or use the online chat function on suicidepreventionlifeline.org to connect with a counselor.

Member Spotlight - Meet Ashley Wheeler!

Our member spotlight is on Ashley Wheeler, a Child and Youth Advocate with CAP Services. She was born and raised in Stevens Point where she learned her work ethics from a young age. She was a non-traditional student at 28 years old; earning her Bachelor of Science in Human Services from the University of Wisconsin – Oshkosh with a major in Leadership Development and minor in Human Services – AODA. While in college she interned in the helping field with substance abuse counseling, working at youth group homes and a local homeless shelter. Ashley shares that “one of my strongest passions in working in this field is working with youth to navigate things life may throw you and still have the potential for a happy and healthy future”. Although Ashley has only been a member of PSPC for a short time, she has made quite an impact with her work on the May Mental Health Awareness Month events. Our mission to reduce the stigma associated with mental illness and advocating for accessible resources to prevent suicide is what brought Ashley to our organization, but she also enjoys the opportunity to connect with others who are passionate about mental health and being an active participant in the Mental Health Movement. Ashley was a huge part of the success of our yard sign project promoting resilience and coping skills throughout the county. We are so appreciative of Ashley’s contributions to our community!

Outside of PSPC, one of her personal passions is music. “Although I do not play an instrument, my music collection could provide you with approximately 25 days of music before you would hear the same song. My music taste ranges from Etta James to Slayer to Snoop Dogg, however I do not enjoy any country music after the 1980’s.”, Ashley shared while explaining that she has seen over 150 artists/shows and has many more to go! She also enjoys traveling, hiking, and anything associated with water including seeing every waterfall in Wisconsin. If you’re lucky, she may even bake you something tasty if she’s not too busy with her latest DIY project. Her advice for all is to spend a lot of time laughing and joking around...life shouldn’t always be taken so seriously!



Local Support Groups

Mental Health Wellness Group

The Mental Health Wellness Group provides resources for those who seek encouragement, hope and support. Meetings are the 4th Monday of each month 6:00 to 7:00 PM in the Oak Conference Room at 2501 Main Street, Stevens Point, WI 54481. **Free Open to the Public! See schedule below.**

July 25th Linda Froelich - Doodling to Calm Your Mind

September 26th Wendy Seegers - Power of Gratitude

October 24th Bonnie Bauman - Grieving the Life I'd be Living (this isn't what I signed up for)

November 28th Ron Matthew - Compassion

Survivors of Suicide Support Group

The survivors of suicide support group provides support for those who have lost a loved one to suicide. The group meets the 1st Monday of every month 6:30 PM to 8:00 PM at Aspirus Behavioral Health at 209 North Prentice Street. For additional information you can contact Michelle Nelson at (715) 346 5645.



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