

Mental Health in the News



PUBLIC HEALTH
SAUK COUNTY
WISCONSIN
Together we thrive



There is no farm without the farmer

Mental Health First Aid Training

Mental Health First Aid Trainings

Wisconsin farmers are nearly four times more likely to die by suicide. Yet, farmer suicide is preventable. Mental Health First Aid teaches you to recognize warning signs of farmer suicide and how to keep them safe. You will learn to notice changes in a farmer's appearance, behavior, thoughts, and feelings that can signal a change in a farmer's mental health. You will also learn strategies to successfully intervene and assist farmers to recovery.

Date: Thursday, November 9, 2023

Location: Elderflower Retreat at Hillside Pastures, 6511 Hillside School Road
Spring Green

Time: 9:00 a.m. - 4:00 p.m.

Cost: FREE —Funded by SPH Foundation and Farmer Angel Network

Lunch and beverages included.

Pre-registration required. Contact Anne at 608-643-7687 or at anne.brickl@saukprairiehealthcare.org or scan the QR code at right.



Soup for the Soul - Reedsburg

Nov. 19 from 5-6:30 pm - Enjoy a free, light supper and a time to rest and recharge while learning how to help others who may be suffering with mental health issues.

Panel will feature a pediatric behavioral health nurse practitioner, a child therapist and a school counselor to discuss current mental health concerns relating to children and youth. Held at Reedsburg United Methodist Church - All are welcome!



soup for the soul

enjoy a free, light supper and a time to rest and recharge while learning how to help others who may be suffering with mental health issues

DATE

• Sunday, November 19

TIME

5 - 6:30 pm

LOCATION

Reedsburg United Methodist Church
833 3rd St
Reedsburg WI

We are now Prevent Suicide Sauk County!

Our Mental Health Action Team recently identified the problem that **Sauk County has high rates of suicide attempts and deaths**. This led us to join forces with Prevent Suicide WI to become a Suicide Prevention Coalition. After digging deeper we discovered that locally,

people in distress have ready access to firearms. To work towards supporting those in distress, we have partnered with a project called Live Today - Put it Away to help reduce access to lethal means (firearms) when someone in our county is struggling with their mental health, a financial strain, job loss, or any stressor where they may contemplate taking their own life, and need to temporarily store their firearm outside their home. There are three ways to learn about this program, and join our work:

- 1) Visit www.BeThereWis.com
- 2) View the attached [Gun Shop Project Introduction PDF](#)
- 3) Contact Jodie at jodie.molitor@saukcountywi.gov or [608-355-4315](tel:608-355-4315)

Responding to Gun Violence as a Public Health Crisis Tues., November 14 2 pm



County Health Rankings & Roadmaps

WEBINAR

Positioning public health to respond to gun violence

3PM ET | November 14

While gun-related suicides and homicides have reached record numbers, the American Public Health Association has declared gun violence a preventable public health crisis.

Join this November webinar to learn ways to prevent and reduce violence and gun-related incidents in communities. We will hear about successful strategies from **Cure Violence Global** and the **King of Kings Foundation**.

[Register Now](#)



Gun deaths are rising in Wisconsin. Suicide and rural areas are a big part of the picture - *MJS-John Diedrich*
10/26/2023

As gun deaths in Wisconsin reach record levels, the Journal Sentinel examined how the deaths affect every county in the state. Homicides, accidents and shootings deemed justified put together do not account for even one-third of all gunshot deaths in Wisconsin, according to state data.

Suicide is the missing piece. For every 100 fatal shootings in Wisconsin, on average 71 deaths are suicides, 25 are homicides, two are police shootings, one is deemed an accident and the balance are undetermined, according to a Milwaukee Journal Sentinel analysis of state health data.

[Read More](#)

**Listening Session for proposed Community Center in Sauk City -
Tues., Nov 14 1-2 pm**

No registration required.

Join the virtual presentation at this link:

[https://meet.google.com/zzj-
gesz-qor](https://meet.google.com/zzj-gesz-qor)

Read below for more details.



*Sycamore
Center*

Rooted in Faith, Hope, & Love

Listening Sessions

6:8 is looking to create a center that brings together multiple agencies and organizations to better serve the needs of our community by integrating housing, childcare, mental health, youth programming, food, job training and other resources on the same campus with future affordable apartments to be built for residents with a diversity of income, age, ability, and household size on the Quartz property on the corner of Sycamore and Carolina in Sauk City.

Everyone is invited to join 6:8 as they work to create a center that brings together multiple agencies and organizations to better serve the needs of our community by integrating housing, childcare, mental health, youth programming, food, job training and other resources on the same campus, called the Sycamore Center.

The location for this center is the Quartz building located at the corner of Sycamore and Carolina Streets in Sauk City.

In addition, they envision building multi-family housing units on the property to include residents with a diversity of income, age, ability, and household size.

They are seeking everyone's feedback as they continue to plan!



UPLIFT WI
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Call 534-202-5438 to reach Uplift WI

Need support when life is difficult?

Call UpliftWI at:

534-202-5438

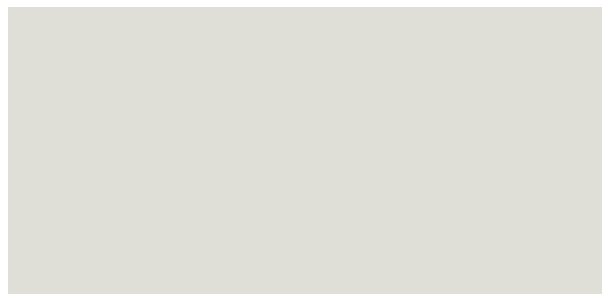
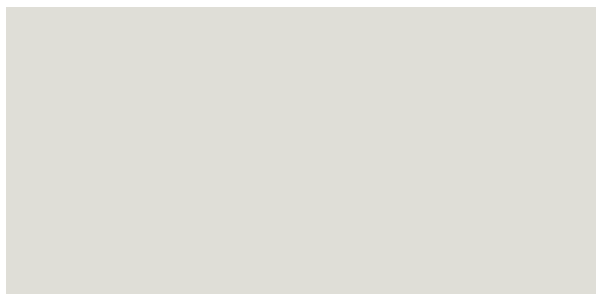
This line is for Wisconsin residents and is staffed by certified peer specialists – people with lived experiences of mental health, substance use and other related life experiences. Call if you need someone to talk to for support when things are difficult, or when you just need a peer to connect with. Call **534-202-5438 daily from noon to midnight.**

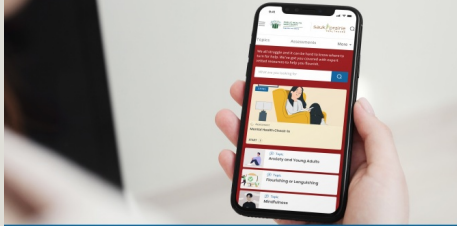


NAMI Monthly Meetings

NAMI hosts a Family Support Group every 3rd Monday of the month from 6-7:30 pm. This is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition, including alcohol or substance use disorders.

[Read More](#)





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

Want to learn more about how you can help with Mental Health issues in Sauk County?

Contact Jodie at 608.355.4315 or email jodie.molitor@saukcountywi.gov

We meet virtually every 3rd Monday from 11am - 12 pm

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

<https://www.co.sauk.wi.us/publichealth>

[Unsubscribe sara.jesse@saukcountywi.gov](mailto:sara.jesse@saukcountywi.gov)

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Sent by jodie.molitor@saukcountywi.gov powered by



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