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PRESS RELEASE

TO: Marquette County Media
FROM: Sarah Derwin, Health Educator
DATE: 09/05/2019
SUBJECT: The MCHD is promoting events for National Suicide Prevention Month

Free Class Available from Crisis Line Professionals

It can be challenging to know how to react when a friend, family member, or co-worker is struggling with a crisis. Substance use, mental health, illness, divorce, death of a loved one—it's normal for people to freeze up in the face of such difficult circumstances, even if they really want to reach out and help. Now, thanks to a new class from Dial Help called "Crisis Support 101," you can learn tips and techniques for offering support from professionals on Dial Help's Crisis Line. "This training is suitable for any community member who wants to learn more about how to be a helper in their community" said Sarah Derwin, Health Educator at the Marquette County Health Department (MCHD).

Crisis Support 101 covers reflective listening, safety planning, referral to resources, self-care, and more. There are two FREE upcoming dates available. The first is in Marquette on September 11, from 4pm to 8pm at the Marquette County Health Department. The second is in Munising on September 18, from 4pm to 8pm at the Alger Parks & Rec building. A light dinner of pizza will be provided. Please register by visiting www.DialHelp.org/events. These classes are funded by Communities United Against Suicide Prevention, in partnership with the Marquette County Health Department.

UP Suicide Prevention Conference

Additionally, the MCHD is pleased to partner with Dial Help to host the 4th Annual Upper Peninsula Suicide Prevention Conference at the Holiday Inn on Friday, September 20th. This all-day event features two keynote speakers from lower Michigan as well as local experts. Please register for the conference at www.DialHelp.org/events.

Event flyers with registration information are attached for review. Please contact Sarah Derwin, 906-315-2621 to schedule a pre-training interview.