NAMI
National Alliance on Mental Illness
Fox Valley

September Newsletter

National Suicide Prevention Month

September is National Suicide Prevention Month—a time to raise awareness, honor lives lost, and remind our community that help and hope are always possible.

This month carries a deeply personal meaning for NAMI Fox Valley's Communications & Events Manager, Morgan O'Connell. In 2014, Morgan lost her partner, Kyle, to suicide, leaving behind their infant daughter.

Morgan's journey through grief has been one of courage, resilience, and determination to help others. She now shares Kyle's story through NAMI Fox Valley's Speakers Bureau, offering her voice to bring light to the often-silent struggles of mental illness.

Reflecting on her experience, Morgan shares, "*Suicide doesn't only take a life, it leaves behind a wake of silent grief. We can all play a part in preventing it.*"

The reality is staggering: Suicide claims a life every 11 minutes in the U.S. Behind each of these losses is a loved one, a family, and a future forever changed. This is why National Suicide Prevention Month is so vital—because every life matters, every story matters, and prevention is possible.

This month and beyond, we encourage you to join us in sharing resources, offering support, and standing together to break the silence around suicide. Together, we can help ensure that no one feels alone in their darkest moments.

If you or someone you know is struggling, call or text **988**, the Suicide & Crisis Lifeline, to be connected with immediate support. **You are not alone**.

LEARN MORE

In This Issue

Upcoming

Peer-to-Peer
Wednesdays, Oct. 1-Nov. 19
6-8 PM • Held via Zoom

REGISTER ONLINE

NAMIWalks Fox Valley
Saturday, October 4
Fox Cities Stadium, Appleton

SIGN UP TO WALK

SCAN ME

NAMIWalks Fox Valley

Team Spotlight: Faith, Hope & Love

Each year, NAMIWalks Fox Valley brings together hundreds of people walking side by side to raise awareness and support for mental health. One team that shines especially bright year after year is Team Faith, Hope & Love, made up of members from First Congregational United Church of Christ.

For this team, walking isn't just about the event, it's about living their values. They share:

> **The Faith, Hope & Love team is important to us because it's a tangible and visible example of how our faith community supports people with mental health conditions and their loved ones. Walking together as a team offers us an opportunity to get to know each other and share stories, often of difficult life journeys and how other people have helped us along the way.**

Their name says it all. With faith in healing, hope for the future, and love for one another, this team embodies what NAMIWalks is all about: community, connection, and compassion. We're grateful to Team Faith, Hope & Love for showing what it truly means to walk in solidarity.

Join them, and many other incredible teams, at this year's NAMIWalks Fox Valley!

REGISTER TO WALK!

Volunteers Needed!

We're looking for route monitors to stand along the NAMIWalks Fox Valley route on October 4 to cheer on our walkers and keep them safe! We have about eight route spots to fill, and each spot can be covered by more than one person—so families and friends are welcome to sign up together! Volunteers under the age of 18 are asked to be accompanied by an adult. Click the button below to sign up and help us make it a memorable event!

CLICK TO VOLUNTEER

NEW! FUNDRAISE4NAMI APP

iOS
Download the App Now

- TRACK YOUR PROGRESS
- SHARE YOUR STORY
- FUNDRAISE WITH EASE

Android
Download the App Now

Upcoming Virtual Peer-to-Peer Class

Peer-to-Peer is a free, 8-session class for any adult individual living with a mental health condition. The program offers a relaxed, trusting, and safe environment for participants to learn about mental illness, strategies for self-care, healthy relationships, and positive coping skills. This structured course is taught by a team of trained instructors who are successfully managing their own mental health conditions.

In the program, participants will:

- Share experiences with peers who also are working toward mental health recovery
- Gain further insight into mental illness
- Gain knowledge of how to manage and cope with circumstances
- Learn to identify feelings, thoughts, behaviors, and events that can result in a possible relapse
- Learn how to be an active participant in any treatment plan
- And more!

Upcoming Virtual Peer-to-Peer Class
Wednesdays, October 1-November 19 • 6-8 PM
Held virtually via Zoom

Space is limited and registration is required. Reserve your spot today!

SIGN UP FOR PEER-TO-PEER!

> **NAMI Peer-to-Peer gave me hope when I was close to giving up. I realized that things can and do get better and that my mental health condition doesn't define me. I learned how to speak up for myself, build a strong support network and make plans for my future. I felt welcome and like I was among friends. Most importantly, I felt heard and understood.**