



NEWSLETTER 2023

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A local suicide prevention coalition whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.



bit.ly/43BmlIX

TIPS FOR HELPING CHILDREN COPE

Even though you may feel overwhelmed with your own problems, as a parent you can help your children successfully cope with stress.

- Help yourself first. Gain control of your own stress, then help your children.
- Recognize symptoms of stress for children, such as sleeplessness, withdrawal, headaches and/or angry outbursts.
- Encourage your child to share feelings and fears.



- Help your children focus on the positive aspects of their lives; family and personal strengths, talents and contributions, no matter how small.

For the full Article: <https://rb.gy/ahe2n>

Coping isn't something we're born knowing how to do. It's something we learn with practice. It's never too early or too late to develop healthy coping skills in kids and teens. Here are a few ways to successfully teach kids and teens healthy coping skills:

- Role model practicing healthy coping skills.
- Teach new strategies when everyone is calm.
- Try lots of different coping skills.
- Build them into your daily routine.
- Make practicing coping skills FUN!

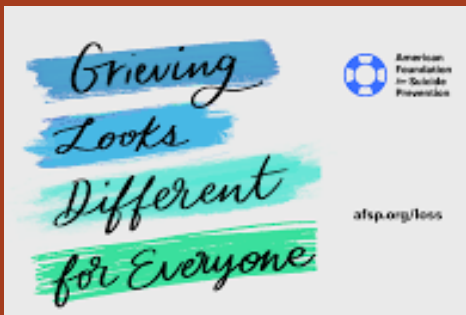
For the full Article: <https://rb.gy/fexh3>



WE CELEBRATE AUTUMN WITH SELF CARE & GRATITUDE. HONORING THOSE WHO HAVE SERVED - NOVEMBER 11, 2023



A successful 4th year for CHALK THE WALK, HAVE THE TALK! Broome County continues to raise awareness and reduce stigma for mental health and suicide awareness through beautiful chalk art. Many new venues were added this year, such as churches, farmer's markets, LUMA, and other businesses! The Gallery continues to be on display at the Broome County Public Library at 185 Court Street Binghamton. Stop in to check out - it is truly inspiring and offers hope to all those that visit!



UHS is hosting their 7th Annual Loss Survivor's Day on Saturday, November 18th, 2023 for International Survivor of Suicide Loss Day. This is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. To register for free, visit <https://binghamton-new-york.isosld.afsp.org/>.

SHINING THE LIGHT ON STIGMA

Is suicide preventable?

Suicide is complex AND preventable. It requires strategies at all levels of society. This includes prevention and protective strategies for individuals, families, and communities. Everyone can help prevent suicide by learning the warning signs, reaching out to those concerned and connecting them to help. We all can be part of the solution. Learn more on how to prevent suicide for knowledge is power! Check out the BC SAFE website at bit.ly/43BmlIX

