



NEWSLETTER 2024

Volume 9 Issue 2

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/43BmIIX



BOOST YOUR MENTAL HEALTH FOR SPRING!

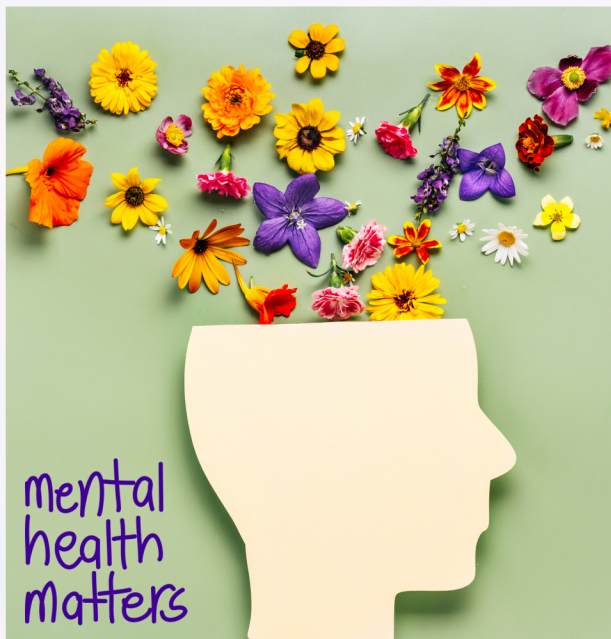
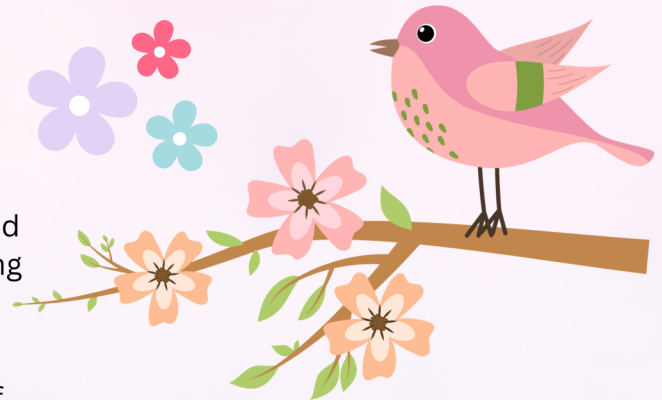
If you live in a place where the winters are particularly cold, warmer weather and the ability to spend more time outdoors can feel like a godsend. Flowers are blooming, birds are singing, and Spring can bring a sense of rebirth and renewal.

These changes often translate into a sense of increased energy and motivation to make more social plans, along with—in plenty of people—a sense of a chance to start fresh and "spring clean."

Here are five considerations to help you get a sense of momentum while springing forward:

1. Reprioritize your sleep routine.
2. Change up your physical space.
3. Reconnect with your social circle.
4. Consider growing a plant.
5. Make a new creative goal.

For the full article: rb.gy/e1ci0e



Mental Health Awareness Month was first celebrated in 1949. Each year a theme is selected to be highlighted and celebrated throughout May. Various events are held during the month that are covered by media and well-known figures like politicians and actors. *Mental Health America* also diligently releases a mental health toolkit for outreach activities.

Here are a few ways to observe Mental Health Awareness Month:

1. Take care of yourself and your own mental health.
2. Reach out to your loved ones.
3. Talk openly about mental health.

For the full article: rb.gy/eaOggy

MILITARY APPRECIATION

HONORING OUR VETERANS AND ACTIVE DUTY PERSONNEL



In addition to Mental Health Awareness Month, May is also a time to show appreciation for our military personnel, both past and present. We recognize the unique challenges that veterans and active duty members may face, including mental health issues such as PTSD, depression, and anxiety.

As part of our commitment to supporting our military community, we encourage:

- **Increased Awareness:** Educate yourself and others about the mental health challenges faced by veterans and active duty personnel. Understanding these issues is the first step toward providing effective support and resources.


- **Access to Care:** Advocate for improved access to mental health care services for military personnel. Ensure that veterans and active duty members have timely access to quality mental health treatment and support programs.
- **Community Support:** Extend a helping hand to veterans and active duty personnel in your community. Whether through volunteer work, fundraising efforts, or simply offering a listening ear, small gestures can make a big difference in the lives of those who have served our country.

Coalition Contributor, Brittany Riso

BC SAFE is on Facebook! 

 FOLLOW US

Visit for more veteran resources. 

 SOUTHERN TIER VETERANS SUPPORT GROUP

SHINING THE LIGHT ON STIGMA

Are teenagers and college students most at risk for suicide?

The suicide rate for this age group is below the national average and suicide risk increases with age. The age group with the highest suicide rate in the U.S is men and women between 45 and 64. Though particular groups may be at higher risk, suicide is a problem among all ages and groups. For warning signs check out this website: <https://bitly.ws/34rKS>. Need support? Dial 988 to chat or text.

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



#BroomeHas
Hope



FOLLOW US ON SOCIAL MEDIA!