



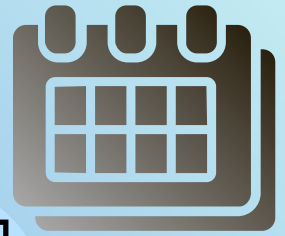
**BC SAFE**

BROOME COUNTY  
SUICIDE AWARENESS  
FOR EVERYONE

# NEWSLETTER 2025

Volume 10 Issue 1

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](https://bit.ly/43BmlIX)



## HOW TO STAY ACTIVE IN COLD WEATHER

Physical activity has many well-established mental health benefits....and (can) include improved brain health and cognitive function (the ability to think, if you will), a reduced risk of anxiety and depression, and improved sleep and overall quality of life. Although not a cure-all, increasing physical activity directly contributes to improved mental health and better overall health and well-being.

For the full article: <https://bit.ly/41XBAOKi>

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

Tips and benefits to keep in mind:

1. There's no heat and humidity to deal with.
2. You may be able to work out longer in cold weather.
3. It's a great way to take in the sunlight (in small doses).
4. Exercise boosts your immunity during cold and flu season.

Try these outdoor activities:

- Brisk walking or hiking
- Jogging or running
- Raking leaves
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing



Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Hypothermia means the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough.

Symptoms can include:

- Lack of coordination
- Mental confusion
- Slowed reactions
- Slurred speech
- Cold feet and hands
- Shivering
- Sleepiness



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For the full article: <https://t.ly/ghvyi>





# MONTHLY AWARENESS MEANINGS



National Awareness Months are dedicated to raising awareness about various crucial topics, from health conditions to social issues. These awareness months can help rally support and share important stories, ultimately encouraging a deeper understanding of the issues that affect our lives.

For the full article:  
<https://rb.gy/kjt74w>

## UPCOMING AWARENESS DATES:

### January:

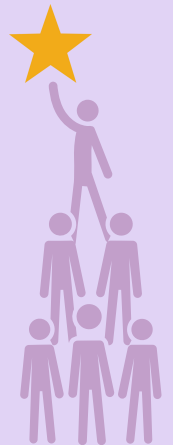
International Quality of Life Month  
National Blood Donor Month  
January 9 - National Law Enforcement Appreciation Day

### February:

American Heart Month  
Teen Dating Violence Prevention Month  
February 16 - National Caregivers Day

### March:

National Nutrition Month  
Brain Injury Awareness Month  
March 2 - World Teen Mental Wellness Day



## SHINING THE LIGHT ON STIGMA

**Myth:** Teenagers and college students are the most at risk for suicide.

**Fact:** The suicide rate for this age group is below the national average. The age groups with the highest suicide rate in the U.S. are women 45–64 and men 75 and older. Although certain groups may be at higher risk, suicide is a problem among all ages and groups.

For more information: <https://rb.gy/vsaart>

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