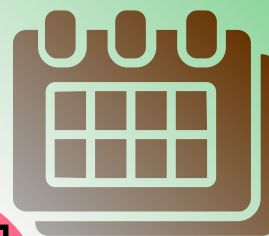




NEWSLETTER 2024

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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



5TH ANNUAL CHALK THE WALK, HAVE THE TALK

The annual **Chalk the Walk, Have the Talk** Awareness Campaign is in its 5th year honoring this September's National Suicide Prevention Month. It is a wonderful opportunity to help reduce stigma and raise awareness for Mental Health and Suicide Prevention. We are excited for this year's campaign and our community's continued participation in helping us spread this important message. Throughout the month of September, there are many opportunities to participate. Creation of inspiring chalk art will take place Sunday, September 8, 2024 through Sunday, September 15, 2024. We encourage posting pictures of your chalk art on Facebook and Instagram to share with the community. To enter the contest, a link will go live on September 8, 2024 on BC SAFE's website, where you will also find more information.

This August and September, BC SAFE will be at various locations throughout the community including festivals, farmer's market, and for the second year in a row, LUMA! Check BC SAFE's calendar on the website to find us out in the community. You can chalk with us, have a conversation, and gather resources/information.

A Gallery viewing of ALL community artwork will take place on September 25, 2024 at the Broome County Public Library where the winners of the contest will be announced. You may even know one of the winners! An Open Mic session will also take place during the Gallery event, for those interested in sharing positive messages for Mental Health. We hope you will join us for this moving evening where we'll showcase all of the community art shared on social media and at LUMA.

Lastly, to close out National Suicide Prevention Month, the Broome County Public Library will continue to display the Artwork after the event throughout the end of September.

Chalk will be available in August. Visit the website for more information. <https://gobroomecounty.com/mh/bcsafe> or scan the QR code above.



MAINTAINING MENTAL HEALTH DURING THE BACK-TO-SCHOOL TRANSITION

Back-to-school time can often trigger feelings of anxiety and stress for both parents and children. Navigating the shift from carefree summer days to structured school routines may be challenging, but with thoughtful strategies and open communication, this transition can become a much more manageable experience.

TIPS FOR CAREGIVERS:

1. **Communication is Key** - encourage your child to express their feelings.
2. **Establish a routine** - adjust bedtimes, mealtimes, etc. a few weeks before school starts.
3. **Practice Empathy and Reassurance** - remind your children it is normal to be nervous in the beginning of the school year.
4. **Encourage Self-Care** - teach your child the importance of taking care of their whole self (physically and emotionally).

5. **Organize and Prepare** - help your child be familiar with their school environment before school starts. This includes their school schedule and where their class or cafeteria are located.

TIPS FOR STUDENTS:

1. **Stay Active** - regular physical activity reduces the feeling of anxiety and improves the mood.
2. **Practice Mindfulness** - deep breathing and meditation can help manage stress.
3. **Stay Connected** - foster friendships and social connections.

To read the whole article: <https://rb.gy/7pakl9>



SHINING THE LIGHT ON STIGMA

Does talk therapy and medication really work?

Treatment can and does work. One of the best ways to prevent suicide is by getting treatment for mental illnesses, such as depression, bipolar illness or substance abuse, and learning ways to cope with problems. Finding the best treatment can take some time, and the right treatment can greatly reduce the risk of suicide. To reach a trained counselor: <https://988lifeline.org/> Need support? Dial 988 to chat or text.

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