

# BCSAFE

## Broome County Suicide Awareness For Everyone

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.

# Tips for Being Mindful this Summer

Managing emotions is a social-emotional skill that allows children and teens to understand and cope with everyday feelings. Mindfulness is a self-regulation strategy for people of all ages that can help regulate emotions. There are many outside summer activities that can help children learn mindful behaviors.

- **Blowing bubbles:** can help with deep breathing.
- **Coloring with sidewalk chalk:** can help bring awareness to the present moment and can promote positive messages to the community.
- **Taking a walk:** can help focus on the present moment by using the senses (hear, smell, feel, and taste) and bring peace to the mind.

For the full Article: [bit.ly/42AHmLE](http://bit.ly/42AHmLE)

The first word or phrase you see is what you'll be getting lots of this summer!



E	N	M	O	K	J	B	R	S	A	C	N	Z
X	E	R	E	L	A	X	A	T	I	O	N	L
C	W	R	T	F	D	S	R	R	E	D	S	A
I	F	E	H	X	V	T	Q	A	T	R	U	U
T	R	A	B	W	E	X	J	V	S	I	N	G
E	I	D	N	A	N	M	M	E	N	N	S	H
M	E	I	E	R	T	E	S	L	F	K	H	T
E	N	N	A	T	U	R	E	G	U	S	I	E
N	D	G	O	H	R	W	P	R	N	Y	N	R
T	S	A	M	G	E	S	P	E	A	C	E	Q

[www.thepathway2success.com](http://www.thepathway2success.com)

Clipart by Kate Hadfield

## Outdoor Activities for Mindfulness

[www.thepathway2success.com](http://www.thepathway2success.com)

Gardening

Taking a Walk

Blowing Bubbles

Watching Wildlife

Watching Clouds

Going on a Scavenger Hunt

Mindful Breathing

Drawing with Sidewalk Chalk

Reading Under a Tree

Walking Barefoot

Clipart by Kate Hadfield & Ashley Hughes

When it's time to head back to school, caregivers can be mindful of their children's feelings and thoughts. According to the Center on Child Wellbeing and Trauma (2023), school is a very different environment than it was in past generations. Keeping the lines of communication open between caregivers & children is crucial. Parents and caregivers can become empowered by focusing on solutions rather than problems. Validating the fears of a child, and even a teen, helps them to feel heard and understood.

For the full Article: [bbit.ly/3N2aFrX](http://bbit.ly/3N2aFrX)

Spending more time  
*outside*  
connects us with nature,  
but also with  
*ourselves*



4<sup>th</sup>  
ANNUAL

# CHALK THE WALK

have the talk

BC SAFE's annual awareness campaign for  
World Suicide Prevention Day: September 10-16, 2023



Spread HOPE through chalk art and promote suicide prevention, mental wellness, and stigma reduction.

- Post pictures of your chalk art to your Facebook page & tag @BCSAFECoalition to start conversations about mental health.
- Need chalk? Visit [gobroomecounty.com/mh/bcsafe](http://gobroomecounty.com/mh/bcsafe) to find out where to get chalk so you can participate.
- Consider entering the art contest at [gobroomecounty.com/mh/bcsafe](http://gobroomecounty.com/mh/bcsafe).
- Attend the Art Gallery Show 9/26 at the BC Public Library starting at 6:00PM.
- Join the Open Mic: Spoken Word!



**SCAN ME**  
FOR MORE INFO

## SHINING THE LIGHT ON STIGMA

**Do people threaten suicide to get attention?**

Threatening to die by suicide is not a normal response to stress and should not be taken lightly. Suicidal thoughts or actions are a sign of extreme distress and an alert that someone needs help. Any warning sign or symptom of suicide should not be ignored. All talk of suicide should be taken seriously and requires attention.

**988**  
SUICIDE  
& CRISIS  
LIFELINE

**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential



#BroomeHas  
Hope



**FOLLOW US ON SOCIAL MEDIA!**