



2026 Quarterly

# NEWSLETTER

A 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.

VOLUME II - ISSUE 2

## MAY IS MENTAL HEALTH MONTH

The anonymous poem below offers a personal reflection on mental health.

### *The Garden Within*

Beneath the ribs, a quiet plot  
waits for the sun to lean its gold—  
a place where seeds of gentleness  
are tucked in soil the heart can hold.

Some days the rain will overstay,  
and shadows stretch across the ground,  
yet roots drink deep in patient dark,  
and still, new shoots will push around.  
The mind, like earth, can learn to bloom  
when tended with a steady hand;

each breath a breeze, each thought a stream,  
each choice a seed we choose to stand.

So water hope, and let it grow—  
the garden thrives in what you give;  
and every leaf that lifts to light  
reminds you how it feels to live.



Play a game with us!

Look through this  
newsletter to find the  
following spring images!

Sunglasses

Sun

Watering Can

Duck

Daffodils

Bunny

Kite



## SUPPORTING EACH OTHER THROUGH LIFE'S TRANSITIONS



Life is full of transitions, some joyful and some challenging. Seasonal changes, school or job shifts, graduations, family changes, and health or housing adjustments can bring uncertainty and stress. During times like these, staying connected to one another is especially important. A simple check-in with a friend, neighbor, or loved one can remind someone they are not alone.

Maintaining routines, talking openly about mental health, and reaching out for support when needed can help strengthen resilience and build a more caring community. Creating safe spaces for honest conversations helps reduce stigma and encourages hope for those who may be struggling.

If you or someone you know needs support, the 988 Suicide & Crisis Lifeline offers free, confidential, 24/7 help. In addition to phone, text, and chat support, 988 provides practical tools and resources for coping, helping others, and understanding warning signs. Visit: <https://988lifeline.org/help-yourself/> Reaching out for help is a sign of strength, and support is always available.

This was submitted by coalition member: Brittany Riso

## THE MENTAL TOLL OF POLITICAL DIVISION AND TIPS ON HOW TO COPE

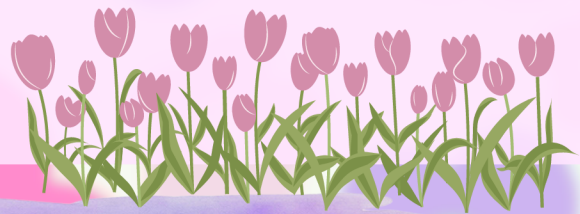
Political divide affects mental health in many ways. Constant exposure to divisive political speech can lead to stress, anxiety, and depression. Social media amplifies these effects by creating echo chambers where people are bombarded with opinions and news that may reinforce existing beliefs, while vilifying different views. This cycle of negativity makes it difficult to interact in healthy, constructive ways.

### Tips to Cope with Political Stress:

- Limit/monitor exposure to news.
- Engage in digital detox.
- Learn about media literacy.
- Look for support and positive interactions.
- Use mindfulness and relaxation techniques.
- Seek professional help, if needed.

If you or someone you know is experiencing a mental health crisis, contact the National Suicide and Crisis Lifeline by dialing 988.

For full article: <https://shorturl.at/OuKLi>



## SHINING THE LIGHT ON STIGMA

### REDUCE ACCESS TO LETHAL METHODS OF SUICIDE

According to the Mayo Clinic, Limiting access to lethal means of harm, such as firearms, is one of the most straightforward strategies to decrease the chances of suicide. Many suicide attempts are a result of impulsive decisions. Separating someone from a lethal means could provide a person with some time to think before harming themselves.

Find out more information: <https://shorturl.at/rYeCv>



**988**  
SUICIDE  
& CRISIS  
LIFELINE

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Free, 24/7, Confidential

**THE TREVOR PROJECT** available 24/7  
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**FOLLOW BC SAFE ON SOCIAL MEDIA!**