



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 3

7TH ANNUAL CHALK THE WALK, HAVE THE TALK

The annual **Chalk the Walk, Have the Talk** Awareness Campaign is in its 7th 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 support. There are many opportunities to participate throughout the month of September. Creation of inspiring chalk art will take place Thursday, September 10, 2026 through Sunday, September 20, 2026. We encourage posting pictures of your chalk art on Facebook and Instagram! To enter the contest, follow the link that will go live on September 10 on BC SAFE's website, where you'll also find more event information.

A gallery viewing of ALL community artwork will take place on **September 29, 2026 at the Broome County Public Library** where the winners of the contest will also be announced. We hope you'll join us for this moving evening where all the community art shared on social media and at LUMA will be showcased. To close out National Suicide Prevention Month, the Broome County Public Library will continue to display the artwork until the end of September.

This August and September BC SAFE will be at various locations throughout the community to promote the campaign, including **festivals, farmer's markets, and for the fourth year in a row, LUMA Projection Art Festival!** Check BC SAFE's calendar on the website to find all of the community event locations. You can chalk with us, have a conversation, and find resources and information

SCAN
for more info!



gobroomecounty.com/mh/bcsafe



Chalk will be available in August.
Visit the website for more information!

JULY IS NATIONAL MINORITY MENTAL HEALTH MONTH

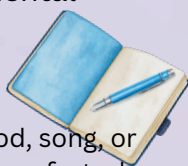
Meaningful ways to observe this month and combat mental health stigma

Participation in Minority Mental Health Awareness Month looks different depending on your relationship to minority communities. If you identify as a member of a minority group, you might observe the month by connecting with your community, advocating for expanded mental health resources, participating in activism events, or sharing your story to help others feel less alone. For those outside minority communities, meaningful observance includes amplifying minority voices, supporting legislation that improves mental health infrastructure for underserved populations, and committing to ongoing education about the specific mental health needs of different communities.

Full Article: <https://shorturl.at/oUFd6>

CULTURE & COPING JOURNALING

- Cultural Comfort: What is one traditional food, song, or cultural practice that brings you a sense of comfort when you are stressed?
- Community Connection: Think about a person in your family or community who embodies resilience. What lessons from their story can you apply to your own life?
- Safe Spaces: Where do you feel most like your authentic self? How can you create a small "calm space" dedicated to this feeling in your daily routine?



AUGUST IS NATIONAL BACK TO SCHOOL MONTH

Being observed since the 1960's, National Back to School Month is in August. This month helps gear-up parents, teachers, schools, and students for a season of education. Whether you're ready or not, friends, activities, and books are just around the corner. Get ready to learn!

How to Observe:

- Check your school supply list
- Tour your new school if transitioning.
- Learn your schedule.
- Volunteer to show a new student around your school.
- Have some fun before summer is over, too!

Full Article: <https://shorturl.at/5RJcu>



LOCAL PROGRAM ALERT

Locally, Broome County office for aging is offering the foster grandparent program, where individuals 55 and over can support children as a classroom mentor in local elementary schools, daycare centers, and head start. You must have a monthly income under \$2,660 and be 55+. Foster grandparents receive a paid hourly stipend, mileage, ongoing paid training, paid time off, and meals at their sites. They are currently enrolling foster grandparents. Call (607) 778-2089 for more information or visit

www.gobroomecounty.com/senior



AmeriCorps | Broome County Office for Aging



SHINING THE LIGHT ON STIGMA

Are depression and anxiety normal parts of aging?

Many people assume that sadness, withdrawal, or anxiety are inevitable with age. In reality, depression and anxiety are medical conditions, not standard features of aging. While life changes like retirement, loss of loved ones, or chronic illness can increase risk, most older adults do not experience depression. Symptoms such as persistent sadness, loss of interest, or anxiety should be evaluated and treated promptly

For more information: <https://shorturl.at/5CQLE>

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text Got5 to 741741
Free, 24/7, Confidential

THE TREVOR PROJECT available 24/7
understanding the challenges
LGBTQ+ young people face.

Call - 1-866-488-7386
Text 'START' to 678-678



**FOLLOW BC SAFE
ON SOCIAL MEDIA!**