



# 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 I

## WHAT ARE SOCIAL CARE NETWORKS?

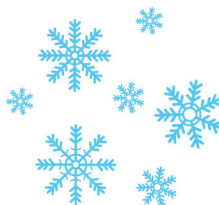
If you are enrolled in Medicaid, the Care Compass Network can help connect you and your family to food, transportation, or housing supports. Regardless of the insurance plan you have, Social Care Navigators will work with you to determine eligibility, and connect you to local, state, or federal resources, and/or the right enhanced Health-Related Social Needs (HRSN) services. These enhanced HRSN services are an additional benefit and will not affect your current Medicaid benefits. Enhanced HRSN Services include:

- Housing Navigation Services
- Rent/Utility Assistance
- Home Modifications
- Home-delivered Meals
- Fresh Produce and Non-perishable Groceries
- Cooking Supplies
- Enhanced Transportation Services

To learn more, call 607-352-5264 or visit [www.carecompasscollaborative.org](http://www.carecompasscollaborative.org) to find a service provider near you using the Public Resource Directory or complete the Self-Screening Assessment form. The Social Care Navigators are here to help you!

## WINTER WORD SEARCH

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BLIZZARD	FIREPLACE	PLOW
BOOTS	FROSTY	SCARF
COAT	HAT	SHOVEL
COCOA	ICE	SKIING
COLD	ICICLES	SLEDDING
DECEMBER	JANUARY	SNOW
EARMUFFS	MARCH	SWEATER
FEBRUARY	MITTENS	WINTER

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



## BATTLING THE WINTER BLUES: HOW TO RECOGNIZE & MANAGE SEASONAL AFFECTIVE DISORDER

For servicemembers stationed in northern latitudes, the long dark winters bring more than just cold weather- they can also bring increased risk for seasonal affective disorder (SAD). This condition often described as the “winter blues” is a type of depression that follows seasonal patterns, typically beginning in late fall or early winter and improving in the spring. SAD shares many symptoms with major depression, but its timing and connection to reduced daylight make it distinct.

Symptoms to watch for include:

- Persistent low mood or helplessness
- Low energy and constant fatigue
- Changes in appetite and weight gain
- Sleep disturbances (sleeping too much or too little).

For Full Article: <https://tinyurl.com/ycd9psf7>

## FEBRUARY IS NATIONAL EATING DISORDER AWARENESS MONTH

### How do you help a teen with an eating disorder?

Teens see very thin models on TV and touched-up pictures of celebrities online. These images are everywhere, and they make many teens question the way they look. Young women who have a poor self-view are especially vulnerable. Eating disorders often start in the teens and early 20s, but they can happen later. They are serious at any age because they change a person's eating habits. It may start when a person becomes fixated on food. They may worry about their body weight and shape. These disorders can be life-threatening if not recognized and treated. The earlier a person gets treatment, the greater the chance of full recovery.

For full article: <https://tinyurl.com/2ebfsn53>

## SHINING THE LIGHT ON STIGMA

### ARE THERE RESOURCES FOR ATTEMPT SURVIVORS OF SUICIDE?

According to 988, the aftermath of a suicide attempt can be filled with raw and complicated emotions. Finding hope after surviving a suicide attempt is possible. Whether you have had a recent history with an attempt or your experience was in the past, the 988 Lifeline is available for support 24/7. Another option could be the American Foundation of Suicide Prevention (AFSP), which has resources for attempt-survivors.

Find out more information: <https://rb.gy/991rg1>

**988**  
SUICIDE  
& CRISIS  
LIFELINE

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

**THE TREVOR PROJECT** available 24/7

understanding the challenges  
LGBTQ+ young people face.

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