



2025 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.

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6TH ANNUAL CHALK THE WALK, HAVE THE TALK

The annual **Chalk the Walk, Have the Talk** Awareness Campaign is in its 6th 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 Wednesday, September 10, 2025 through Saturday, September 20, 2025. 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 30, 2025 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 third 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 DISABILITY PRIDE MONTH

Celebrating Disability, Promoting Mental Health Equity

Disabled individuals are disproportionately affected by mental health challenges and suicide risk—due in large part to stigma, isolation, and lack of accessible care. Supporting the message that disability is not a flaw, but a vital part of human diversity is essential. Disability pride affirms identity, dignity, and resilience—and helps build a future where all lives are seen, supported, and valued. Disability rights are mental health rights!

See the link below for a resource that is helpful for:

- Self-advocacy tools for navigating mental health care as a disabled individual.
- Real stories from people with disabilities embracing identity and pride.
- Education on ableism and how it affects mental health access and outcomes.
- Inclusive support services to connect with affirming care.

LINK: <https://rb.gy/9szdhg>



WHAT YOU EAT AFFECTS YOUR MENTAL HEALTH

The connection between nutrition and mental health runs two ways. The foods we eat can affect our mental health, and our mental health can affect what kinds of food we want to eat. Studies show that participants who eat more fruits and vegetables report better mental health. Those who are clinically depressed—and eat more vegetables—reduce their symptoms of depression.*

For full article: <https://rb.gy/r4byst>

CAN YOU FIND THE ESSENTIAL FOODS?



SHINING THE LIGHT ON STIGMA

Can I help a friend I am worried about?

Friends and loved ones can make a big difference! In 2020, only 20% of adults received any mental health treatment in the past year, which included 10% who received counseling or therapy from a professional. Friends and family can be important influences to help someone get the treatment and services they need.

If you or someone you know needs more support, call or text 988.

988
SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text HELLO 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!**