



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.

Kindness Matters Guide

We're all familiar with the saying "it's better to give than receive". What might surprise you is that this sentiment is actually backed by research.

Those of us who are kind and compassionate experience clear benefits to our well-being and happiness. We may even live longer. Kindness also helps reduce stress and improve our emotional well-being.^{1,2}

We all have so much going on in our lives with competing strains and stressors sometimes pushing kindness to one side, in favour of what is urgent now.

It can be easy to show kindness when posting online, but when it comes to reality it's harder to implement kindness in our everyday words and actions.

By taking the time to be kind to others, we can benefit from emotional upsides. It really does make a difference, especially for people who are vulnerable or struggling.

With all that's going on in the world, now is the time to help build a kinder society that improves our mental health.

To Check Out the Full Article: <https://shorturl.at/ODLFz>

Fall Into Kindness



Small acts. Lasting warmth.

Kindness Bingo		
Mark Each Act as you go. Try for three in a row!		
Thank someone who helped you	Check in with a friend	Give yourself a restful break
Share a kind message	Be kind to yourself	Listen without distractions
Offer a small helping hand.	Give a sincere compliment.	Invite someone to join you.

MENTAL HEALTH AND THE HOLIDAYS: 9 TIPS FOR SELF-CARE

People often describe the holiday season as “the most wonderful time of the year” filled with family, friends, celebrations, traditions, and good cheer. For some, though, the holiday season can bring increased stress and worsen physical and mental health conditions.

During the holiday season, it is especially important to practice self-care and find ways to reduce stress when possible. Here are a few ideas, from practicing gratitude to helping others to writing your thoughts and feelings down in a journal.

9 self-care tips to support your mental well-being during the holidays

1. Practice gratitude
2. Acknowledge your feelings
3. Learn to say “no”
4. Be Realistic
5. Stick to healthy habits
6. Get Creative
7. Give or serve others
8. Journal
9. Reach out



For the full article: <https://shorturl.at/ZFnc3>

7th annual CHALK THE WALK have the talk



This year's Chalk the Walk, Have the Talk awareness campaign brought our community together around the message “The World is Brighter with You in It.” Through beautiful, hopeful chalk art, new and returning community partners helped raise awareness about mental health and suicide prevention, reduce stigma, and remind others that they matter.

Photos of this year's artwork are on display through the end of October at the Broome County Public Library, 185 Court Street, Binghamton. Stop by the gallery to celebrate our community's creativity and experience the inspiring messages of hope and connection!



SHINING THE LIGHT ON STIGMA

Why are holidays so hard after grief and loss?

Holidays are often tied to memory, ritual, and togetherness. According to the American Psychological Association (APA), grief can intensify during anniversaries, traditions, and culturally significant dates. The National Institute of Mental Health (NIMH) also notes that grief can resurface unexpectedly during emotionally charged times, even long after a loss.

For more information: <https://shorturl.at/pcOB9>

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