



The mission of B.C. SAFE is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources to teens, adults, and educators of Broome County.

Local Efforts Highlight Suicide Prevention Through Education and Awareness

Awareness and education are crucial components of prevention efforts to help reduce suicides and suicide attempts. Statistics released in November by the Center for Disease Control (CDC) indicate that national rates continued to increase through 2017. Despite this negative trend, there is HOPE. Broome County continues to work on raising awareness and demystifying the stigma attached to suicide and suicidal ideation.

The **Binghamton Pond Festival**, a fun winter event, will be held at Chenango Valley State Park the weekends of **January 11-13 and 25-27**. In addition to outdoor skating and hockey tournaments, there will be plenty of winter fun activities for families and kids of all ages. Food trucks featuring s'mores, hot cocoa, and other beverages, live music, and fireworks are just some of this year's attractions. Find more details at www.bingpondfest.com. Proceeds from this event will benefit MHA's youth mental health initiative **Do it for Darin (DIFD) - Power to the Purple** to increase suicide awareness and encourage conversations about the topic.

The Mental Health Association in New York State, Inc. (MHANYS) has established an online *School Mental Health Resource and Training Center* (www.mentalhealthdnys.org). This initiative supports all New York State

public and private schools during the 2018-19 academic year in complying with the new legislation mandating mental health instruction as part of the K-12 health curricula. This new mandate establishes the importance of mental health and overall well-being for youth. The MHANYS training center not only helps schools identify resources and develop lesson plans, it also includes a community component that helps establish partnerships to support mental health education and services while also engaging and supporting families. Kathy Eckert is the regional representative in our area and can be reached at keckert@mhany.org.

Mental Health First Aid (MHFA) training is available locally and offers education and tools regarding mental health and related crises in our community. Training participants will learn how to assess harm to self and others resulting from mental illness; listen while refraining from judgment; manage an acute mental health crisis; discuss local mental health resources; and recommend evidence-based self-help strategies for people living with mental illness. Youth Mental Health First Aid (YMHA) teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. YMHA is intended for people who work predominantly with adolescents between the ages of 12 and 18. For more information about Mental Health First Aid, you can contact either B C S A F E at bcsafe@co.broome.ny.us and/or MHA's at 607-771-8888 x336. If you're interested in taking one of

MHA's spring classes, contact MHA's directly at 607-771-8888 x336.

HealthlinkNY is also participating in strategies to support mental health/suicide prevention. With a majority of the population spending at least one-third of their day at an office, *HealthlinkNY* and its community partners saw an important opportunity in collaborating with local employers. Many existing workplace wellness programs include resources for physical wellness, however, they often do not address the important aspect of mental wellness. *The Workplace Wellness Mental Health Toolkit* serves as a resource for incorporating mental health into an established workplace wellness program to improve the overall health culture. Download the free toolkit at workplacewellnessny.org to receive resources that will begin laying the groundwork to fully implement changes in your organization.


Some of the wonderful work happening here in our own community really shows Broome County's commitment to bettering awareness around the topic of suicide. Suicide prevention and education is a community effort and everyone can play a part.

Advice from Snowmen:

SPEND TIME OUTDOORS
BE WELL ROUNDED

stay cool

TAKE TIME TO CHILL
AVOID MELTDOWNS
IT'S OK TO BE A LITTLE
flaky

I am 

WORTHY

of everything
good in life.

I deserve
to be happy.

#BeThe1To

ASK. KEEP THEM
SAFE. BE THERE.
HELP THEM CONNECT.
FOLLOW UP.

Find out why this can save a life by
visiting www.BeThe1To.com

If you're struggling, call
1-800-273-TALK (8255)

Asking the question "Are you thinking about suicide?" communicates that you are open to speaking about suicide in a non-judgmental and supportive way. Asking in this direct, unbiased manner, can open the door for effective dialogue about their emotional pain and can allow everyone involved to see what next steps need to be taken. Other questions you can ask include, "How do you hurt?" and "How can I help?" **Do not ever promise to keep their thoughts of suicide a secret.**

Upcoming Events

January 11-13:

Binghamton Pond Fest Weekend 1

For more info visit: bingpondfest.com

January 18:

Trivia Night with MHASt

For more info visit:
yourmha.com or call 607-771-8888

January 25-27

Binghamton Pond Fest Weekend 2

For more info visit: bingpondfest.com

February 17:

National Random Acts of Kindness Day

March 13:

Mental Health Matters Legislative Day

For more info visit: mhanys.org

March 4, 6, 19, 22:

Broome County Youth Services Fair

For more info visit: cyscbroome.org

March:

Self-Harm Awareness Month

Instead of resolutions,
try setting goals
to create positive
habits!



BEAT STRESS!!



Like us on Facebook!
@BC SAFE Coalition

If you or a loved one is in crisis, seek emergency help immediately by calling 911 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Suicide Prevention Lifeline: www.preventsuicideny.org

Suicide Prevention Center of NY: <https://suicidepreventionlifeline.org/>

Download the **HOPE - Broome County Mental Health App** for more information and resources; available for iPhone or Android for FREE.

need
help?