



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 in Broome County.



WORLD SUICIDE PREVENTION DAY 2019

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds.

Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide and encompasses suicidal ideation and suicide attempts. For each completed suicide, 25 others make a suicide attempt and many more have serious thoughts of suicide.

Preventing suicide is often possible and you are a key player in its prevention! You can make a difference – as a member of society, as a child, as a parent, as a friend, as a

colleague or as a neighbor. There are many things that you can do daily to prevent suicidal behavior. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion for those who are in distress, battle the stigma associated with suicide, suicidal behavior and mental health problems and share your own experiences. <https://www.iasp.info/wspd2019/wspd-brochure/>

Locally, BC SAFE and MHAAT, along with other sponsors, will host the 6th annual WSPD Breakfast, "**Preventing Suicide is Everyone's Business: Working Together to Prevent Suicide**", will be held on Tuesday, September 10th, 2019. The free event will include key note speaker, Brittany Cooley and for the first time breakout session to learn more about suicide prevention and awareness. For more information, please contact bcsafe@co.broome.ny.us or call 778-1146.

Changing cultural norms may aid men's health

June was recognized as Men's Health Awareness Month. Men make up almost 80% of suicide victims in the United States. Men living in small towns, rural areas and other places with fewer resources have particularly high rates of suicide

In general, men tend to seek treatment for mental health problems less than women, yet they experience mental illness in the same or greater numbers than women. There are several theories about why that happens. Mental illness carries a good amount of stigma in general, but there may be stronger barriers for men due to the perceived norms of masculinity.

"Traditional masculinity is psychologically harmful," the American Psychological Association states.

"Socializing boys to suppress their emotions causes damage that echoes both inwardly and outwardly." New guidelines on traditional masculinity suggest "socialization for conforming to traditional masculinity ideology has been shown to limit males' psychological development, constrain their behavior, result in gender role strain and gender role conflict, and negatively influence mental health and physical health."

A man with more "traditional views of masculinity" may think himself weak or judged if he is unable to "tough it out" on his own or admit to struggling. Seeking support may conflict with the view that a man must be stoic, independent and aggressive and have emotional control. That leaves some men feeling isolated and angry.

How can we go about changing this? The National Institute of Mental Health has a new campaign, called "Real Men. Real Depression," that aims to normalize help-seeking. It's been shown that men are more likely to seek treatment for problems they feel other men are dealing with as well.

Changing attitudes about admitting vulnerability and seeking help is also something that we can all participate in. Being aware of our own language and approach to culture and norms could also go a long way toward reducing the stigma not just for men but for everyone who needs support.



For the full article: https://www.jhnewsandguide.com/valley/columnists/changing-cultural-norms-may-aid-men-s-health/article_55a25547-dca1-56cf-97d7-466a9d4d7db0.html

#BeThe1To

ASK <> KEEP THEM SAFE <> BE THERE
HELP THEM CONNECT <> FOLLOW UP

This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. Listening increases an individual connectedness and lets them know they are NOT alone.

National Suicide Prevention Lifeline @ 1-800-273-TALK

8 Teen-Friendly Summer Activities

To help combat the negative influences of social media this summer, let's encourage our children to moderate their social media intake.

Volunteering. Get kids involved to enrich the lives of others and accomplish something worthwhile over the break. Encourage teens to engage in activities such as helping elderly neighbors, walking dogs at the shelter, reading to residents in nursing homes, running recycling drives, working in soup kitchens, or even coaching younger teams in sports, debate, robotics, and more. The possibilities are endless!

Becoming an Entrepreneur. Many teens want to get a job and make money. Unfortunately, laws strictly limit employment opportunities to younger teens, but you can encourage them to create their own business. Whether it is mowing lawns, babysitting, crafting, children can learn valuable life skills running their own enterprises.

Joining a book club. Prevent this seasonal regression (of learning loss) by enjoying a good book with them and encouraging conversation about what they got out of the book. Find reading groups through local bookstores or libraries or start your own!

Taking a class. Summer is a great opportunity to explore a vast range of topics: coding to painting, small engine repair to cooking, accordion playing to zoology! Contact local libraries, extension offices, state parks, community colleges and vocational schools, gyms, and local professionals (such as artists, photographers, painters, or gardeners) for a variety of class options for your teen.

Getting outdoors. The average person spends 90 percent of their lives indoors. Teens can benefit from the vitamin D, improved concentration, and physical activity as they walk the dog, visit the beach, or hit the (local)-park.

Developing their green thumb. Encourage them to pick out new vegetables or varieties of flowers to plant and cultivate. Besides taking in fresh air, children gain a better understanding of where food comes from, the value of work, healthy eating, and reducing carbon footprints.

Joining a gamer's group. Whether it is building a toy model, strategy board games, or trading card games, many comic book or gaming stores provide places for game play and organize tournaments.

Hosting friends. Provide teens with an ideal outdoor hangout at your home. This will give them a safe place to meet and you will get plenty of opportunities to know your child's friends.

For the full article: <http://www.familyaware.org/teensocialmediamentalhealth/>

Visit us on Facebook: @BCSAFECOalition



Upcoming Events

July

- 9- Free Bands at the Park—Otsiningo 6-8 pm Mike Davis and The Laughing Buddha Episodes (Soul/Rock/ Funk)
- 14-The Color Run Binghamton at SUNY Broome. To participate or to volunteer, both found at www.thecolorrun.com/locations/inghamton/
- 16- Free Bands at the Park—Otsiningo Park 6 –8 pm Masterpiece (Classic Pop/Rock)
- 19 – Movies in the Park—Otsiningo @ Dusk—Aquaman
- 23- Free Bands at the Park Otsiningo Park 6-8 pm The Shambles (Celtic)

August

- 1- Family Fun Nights in the Park @ CFJ Park, Johnson City 5:30-7:30
- 8 -Family Fun Nights in the Park @ North Side Park, Endicott 5:30-7:30
- 9 – Movies in the Park—Otsiningo Park at Dusk Incredibles 2
- 15-Family Fun Nights in the Park @ Cole Park, Colesville 5:30-7:30
- 22- Family Fun Nights in the Park @ Dorchester Park, Whitney Point 5:30-7:30
- 29 -Family Fun Nights in the Park @ Klumpp Park, Windsor 5:30-7:30

September

- 7 – Wings of Hope 4 Mile Walk at Dorchester Park, registration opens at 9, walk starts at 10. Preregistration available at www.mhast.org
- 10 WSPD Breakfast—6th Annual Preventing Suicide is Everyone's Business. For more information contact bcsafe@co.broome.ny.us or call 778-1146
- 21 17th Annual Men Who Cook Amateur Chef Competition and Public Tasting, DoubleTree, 225 Water St., Binghamton, begins at 5:30.
- 22 KW Fitness September Charity Workout for MHASt, 6:30 PM. Anyone can participate with a monetary donation of any dollar amount. For more info: contact www.mhast.org or call 771-8888

If you or a loved one is in crisis, call the National Suicide Prevention Lifeline at

1-800-273-TALK (8255).

If there is imminent danger, seek emergency help immediately by calling **911**

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.