

BCSAFE

Broome County Suicide Awareness For Everyone

A local 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.

Why is Medication Safety Important?

Individuals take medication and vitamins to feel and stay well. However, any medication, including those without a prescription, can cause harm if taken in the wrong way or by the wrong person. Practicing safe medicine storage at home, and when on-the-go, can help keep children (and pets) safe.

Put medicines up and away and out of children's reach and sight.

- Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.
- Pick a storage place in your home that children cannot reach or see. Different families might have different places. Walk around your house and decide on the safest place to keep your medicines and vitamins.

Put medicines away every time.

- This includes medicines and vitamins you use every day. Never leave medicine out on a kitchen counter or at a sick child's bedside, even if you have to give it again in a few hours

Make sure the safety cap is locked.

- Always relock the cap on a medicine bottle. twist it until you hear the click or cannot twist anymore.
- children may still be able to open medicine with safety caps. Every medicine must be stored up and away and out of children's reach and sight.

Teach your children about medicine safety.

- Teach your children what medicine is and why you or a trusted adult must be the one to give it to them.
- Never tell them medicine is candy to get them to take it, even if they don't like to take their medicine.

Tell your guests about medicine safety.

- Ask family members, houseguests, and other visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Be prepared in case of an emergency.

- Call your poison control center at 800.222.1222 right away if you think your child might have gotten into a medicine or vitamin, even if you are not completely sure.
- Add the *Poison Help* number into your home and cell phones so you will have it when you need it.

Take Action.

- Visit the *Up and Away Campaign's* website to learn more about storing medicines safely while at home and when traveling with young children. Share these safe storage tips with family and friends.

<https://www.cdc.gov/patientsafety/features/medication-storage.html>



DRUG TAKE BACK DAY

SCRIPT SAFETY

This April's event at Otsiningo Park brought in almost 700 lbs. of medications and sharps. The next event is Saturday, October 29, 2023.

Here's what's happening this quarter:

APRIL

- 4 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: <https://fb.me/e/2ps0dZEBU>
- 6 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: <https://fb.me/e/LcjZanVp>
- 13 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: <https://fb.me/e/LcjZanVp>
- 18 AFSP Introduction to Supporting Those at Risk - 6:30-7:30.** For more info and to register: <https://gcnycny418str.attendase.com/>
- 20 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: <https://fb.me/e/2ps0dZEBU>
- 20 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: <https://fb.me/e/LcjZanVp>
- 22 Drug Take Back Day 10-2pm**
Otsiningo Park Binghamton For more info: script-safety.com
- 27 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: <https://fb.me/e/2ps0dZEBU>

MAY

- 2 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: fb.me/e/2ps0dZEBU
- 4 Clear Path for Veterans Canteen - 11:00am - 1:00pm** American Legion Post 82 Endicott
- 4 Truth Pharm's Clearing the Confusion of Substance Use 6:30** Online. For more info: fb.me/e/LcjZanVp
- 9 Operation SAVE (VA program) 10:00 -11:30am** To register: operationsavewny.attendase.com/
- 9 AFSP's It's Real: College Students and Mental Health 6:30-7:30pm** Zoom. To register: gcnycny59irc.attendase.com/
- 11 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: fb.me/e/LcjZanVp
- 18 Truth Pharm's Comfort Club 6pm**
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- 18 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: fb.me/e/LcjZanVp
- 25 Clear Path for Veterans Canteen - 11am -1pm** American Legion Post 80 Binghamton
- 25 Truth Pharm's Clearing the Confusion of Substance Use 6:30 pm**
Online. For more info: fb.me/e/LcjZanVp

JUNE

- 1 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: fb.me/e/LcjZanVp
- 6 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: fb.me/e/2ps0dZEBU
- 7 AFSP's Talk Saves Lives: An Intro to Suicide Prevention in the LGBTQ Community 11am ZOOM.** To register: tsl5723.attendase.com/
- 8 Clear Path for Veterans Canteen - 11am -1pm** American Legion Post 1645 Binghamton Robinson Street
- 8 Truth Pharm's Clearing the Confusion of Substance Use 6:30pm**
Online. For more info: fb.me/e/LcjZanVp
- 15 Truth Pharm's Comfort Club 6pm**
For those who have lost a loved one to a substance use related death. For more info: fb.me/e/2ps0dZEBU



SHINING THE LIGHT ON STIGMA

Do most suicides happen suddenly and without warning?

NO! Warning signs—verbally or behaviorally—precede most suicides. Therefore, it's important to learn and understand the warning signs associated with suicide. Many individuals who are suicidal may only show warning signs to those closest to them. These loved ones may not recognize these signs, which is how it may seem like the suicide was sudden or without warning. As MAY IS MENTAL HEALTH MONTH it might be a good idea to take a workshop to learn more about warning signs and general suicide prevention.

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SUICIDE
& CRISIS
LIFELINE

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential



#BroomeHas
Hope



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