B C S A F E

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.

BREAST CANCER & MENTAL HEALTH

October is Breast Care Awareness Month. Breast cancer diagnosis and treatment can bring a mixture of emotions, including anxiety and depression. Taking care of your mental health can support your treatment and help you feel better physically.

YOUR EMOTIONS MATTER

Feel your feelings—you have a right to mourn your losses—but remember, you are more than your cancer. Be gentle with yourself. Look for ways to feel good inside and out. There are many options available to help you: prescription medication, counseling, acupuncture, massage, meditation, relaxation techniques and physical therapy, among others.
Avoid the "be positive" trap. It's normal to have bad days. But, if you find that your anxieties, worries or fears are interfering with your day-to-day activities or sleep habits, talk to your doctor.

TREATMENT SIDE EFFECTS CAN AFFECT YOUR MOOD

Breast cancer treatment can bring side effects such as insomnia, memory changes and mood swings. Hormone level changes can influence your emotions, and weight gain can be discouraging. Some women self-blame while others feel punished.

Side effects may continue after treatment, when post-traumatic stress disorder (PTSD) can trigger the emotions you experienced at diagnosis or during treatment. All of these feelings are normal. Don't be afraid to ask your doctor for help.

For the entire article, click Young Survival Coalition

Support Groups

Lourdes Virtual Breast Cancer Support Group is held the 1st Thursday of the month from 5:00-6:00pm. For more information and for login information call (607) 798-5276.

Lourdes Metastatic Breast Cancer Group is held the 3rd Tuesday of the month from 5:00-6:00pm. For more information and for login information please call (607) 798-5113.

Loss Survivors Day

American Foundation for Suicide Prevention

In 1999, Senator Harry Reid, who lost his father to suicide, introduced a resolution to the United States Senate, leading to the creation of International Survivors of Suicide Loss Day. Also known as Survivor Day, the day was designated by the United States Congress as a day on which those affected by suicide can join together for healing and support. It was determined that Survivor Day would always fall on the Saturday before American Thanksgiving, as the holidays are often a difficult time for suicide loss survivors.

This year will mark the 5th year that Broome County will host the annual Survivors Day . The event will be in-person after a couple of years being virtual. For more information or to register, go to https://binghamton-new-york.isosld.afsp.org/.

Grieving Looks Different for Everyone

DON'T LEAVE HOME WITHOUT IT!

NALOXONE NASAL SPRAY 4mg

Help save lives. **CARRY NALOXONE.**

Find naloxone:

HealTogetherNY.org/Broome

NIH **HEAL** INITIATIVE
HEALing Communities Study
New York

Fentanyl is being mixed with other drugs, like counterfeit painkillers and benzodiazepines, heroin, cocaine, and methamphetamine. This is causing an increase in overdose deaths. Naloxone is an FDA-approved medication that works to reverse an opioid overdose, including fentanyl overdose. Help save lives – carry #naloxone and learn how to use it: healtogetherny.org/broome.

SUBSTANCE USE AND SUICIDE ARE INTIMATELY RELATED

Research seeking to understand the link between suicide and opioid use suggests the two may be entangled in multiple ways and for many reasons. A 2017 study using national survey data showed that people who misused prescription opioids were 40-60% more likely to have thoughts of suicide, even after controlling for other health and psychiatric conditions. People with a prescription opioid use disorder were also twice as likely to attempt suicide as individuals who did not misuse prescription opioids." We can make a difference!