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# B.C. SAFE



**Broome County Suicide Awareness for Everyone**

*A local suicide prevention coalition in Broome County whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.*



## Create A Summer Self-Care Checklist

With longer days and sunny warm weather, there are more opportunities than ever to switch up your routine and enjoy what the season has to offer. Use this self-care checklist to get some ideas for taking care of yourself.

- 1. Ditch the couch and relax outdoors. Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.**
- Go for a stroll. A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.
- 3. Explore your local farmer's market. Take advantage of seasonal produce and local vendors. It can be a great opportunity to try new foods and incorporate healthier options into your diet.**
- Start a garden or join a community garden. Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends.
- 5. Tidy one small space. Perhaps a drawer or the top of your desk – even having one space clean and free of clutter can help you feel calmer.**
- Make a summer feel-good playlist. Music can be an effortless way to improve your mood and motivate you to get moving.
- 7. Have a picnic. Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.**
- Try a new exercise. Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis, or swimming.
- 9. Look for things going on in your community. Search online or in the newspaper for events going on around town. Consider outdoor movies or yard sales. Making fun plans can help you feel excited and give you something to look forward to.**
- Journal. Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.
- 11. Reconnect with someone. Call an old friend – or even a grandparent or parent.**
- Do an at-home spa day. A bubble bath, face mask, or DIY pedicure can to help yourself feel cared for. A candle, essential oils, and relaxing tunes can all add to the spa vibe.
- 13. Go exploring. Pull up a map and find a new area of town that you haven't been to yet.**
- Practice mindfulness. Try meditation or make a list of 10 things you are thankful for.
- 15. Do a needs assessment. How did last week go? Is there anything that could make next week better? More sleep, more social time, or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.**

Use these ideas to make your own self-care checklist. Even small changes to your routine can improve your self-care practice and overall mood. Focus on new ways you can be active, get outside, and get involved with your community. Make this summer a season of self care.

*Adapted from: [Mental Health Summer Checklist](#)*



# July is National BIPOC Mental Health Awareness Month



This month is dedicated to raising awareness of the unique mental health and substance use challenges facing (BIPOC, Black, Indigenous, People Of Color) individuals and improving access to mental health treatments and services.

According to the Centers for Disease Control and Prevention (CDC), “Long-standing systemic health and social inequities have put some members of racial and ethnic minority groups at increased risk of getting COVID-19 or experiencing severe illness, regardless of age.”

With such racial inequities, focusing on minority mental health needs is more important than ever.

The *Mental Health First Aid* (MHFA) curriculum explains that a person’s culture is a combination of their values, norms, expectations, and identity. Culture

can affect our perceptions, actions, and interactions. It can also impact what we believe about health and mental health, how we treat or cope with symptoms, and whether we will do well in treatment.

While it can feel uncomfortable at first to talk to someone with a different perspective, experience, or culture from your own, it’s important to connect with peers and loved ones to provide support to those who may need it most. This Minority Mental Health Month, take time to learn about other cultures and show support to those around you. Use these tips from the MHFA curriculum to get started:

1. **Take time to learn.** Use the many online resources, books, and documentaries available to learn more about different cultures and how they are impacted by mental health and substance use challenges.
2. **Respect the person’s culture.** When you are talking or listening to someone of a different culture, show an attitude of acceptance and respect the person’s feelings, culture, personal values, and experiences, even if they are different from your own or you disagree with them. Do not judge, criticize, or trivialize what the person says.

3. **Ask questions.** It’s okay if you have questions or don’t understand something. Instead of making assumptions, respectfully ask questions that show you genuinely care and want to understand.
4. **Focus on recovery and well-being.** Conversations about mental illness are shifting away from only the “illness” or “deficit” way of describing mental illness. It’s more common now to hear people talk about well-being and recovery. When interacting with someone who may be struggling with a mental health or substance use challenge, focus on these topics and encourage them to pursue their own journey to recovery within their cultural practices.

Organizations around the world are working to increase awareness and improve access to mental health treatments for minority populations. Take simple actions to show support to your family, friends, neighbors or even strangers who may be struggling this (BIPOC) Minority Mental Health Month.

For the full story:

[Four Ways to Support Minority Mental Health](#)



Keep an eye out for more information about this year’s suicide prevention awareness campaign honoring World Suicide Prevention in September.

Suicide is a leading cause of death, and the good news is that it’s preventable. Addressing stigma around suicide and helping individuals become more comfortable

having open conversations is key to prevention. By participating in BC SAFE’s awareness campaign, our community can make a difference in helping to prevent suicide.

We are encouraging the community to join BC SAFE September 10-16, 2022 for the third annual week of action. Help to beautify sidewalks and other public spaces with messages and images of hope and resilience to raise awareness and reduce stigma about mental health and suicide. Suicide is everyone’s business and you CAN make a difference!



## CHALK THE WALK have the talk

If you or a loved one needs support now:

- Call or text **988** for the Suicide & Crisis **Lifeline**
- Text **GOT5** to **741741** for the Crisis **TextLine**
- Call **1 844-863-9314** for the NYS Emotional Support Help Line

If emergency crisis help is needed **immediately**, call **911**



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