

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.



Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for you, our veterans.

This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called **Armistice Day**. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars.

Veteran Resources around Broome County

American Red Cross Service to Armed Forces

620 E. Main St, Endicott, NY—607-785-7207

Binghamton Vet Center

53 Chenango St, Binghamton, NY—607-722-2393

Broome County Veterans Service Agency

44 Hawley St, Binghamton, NY—607-778-2319

Clear Path for Veterans <http://www.clearpath4vets.com>

New York State Division of Veterans Services

44 Hawley St, Binghamton, NY—607-724-1299

Southern Tier Veterans Support Group (STVSG) provides a network of resources for our local veterans, service members and their families. They strive to educate the community on veteran needs and partner with other organizations to offer a broad range of services and assistance to enhance each veteran's physical, emotional and economic well-being. For more information, please email [info@stvsg](mailto:info@stvsg.org) or call (607) 205-8332.

<https://stvsg.org/>

Stand with Me Assistance Dog Team Training

<https://www.standwithmeorg.com/index.html>



Tips to help Veterans cope through the Holidays

Both people *with* and *without* PTSD can cope with holiday stress by following these tips:

- Talk with your family about how you feel. Your family can help you. This does not mean you have to tell them everything but let them know you're feeling stressed.
- Be honest about your stress level and let your friends and family know your plans ahead of time, especially if you are planning to take some time during the season to relax and de-stress by spending time away from home, work or people that bring stress into your life.
- Set limits. Don't join activities for longer than you can handle. You can choose when you want to be a part of the group.
- Take breaks. Go for walks or set aside a place where you can be alone for a while. This can keep you from feeling overwhelmed.
- Get plenty of rest. You may already have difficulty sleeping but do your best to maintain your usual bedtime or wake-up. Naps should be taken sparingly, as they may further disrupt your nighttime sleeping patterns.
- Keep up with exercise routines. If you normally do yoga, go jogging, or lift weights, try to keep up those healthy routines. These activities are all healthy ways to relieve stress.
- Fake it 'til you make it. Sometimes people who are feeling depressed find that if they go through the motions, they just might catch themselves having fun. While the pain from the past hasn't gone away, this is a chance to begin making new positive memories one step at a time.

<https://www.blogs.va.gov/VAntage/54878/helping-veterans-cope-ptsd-holidays/>

The Holiday Season Amidst the COVID-19 Pandemic

As the holiday season approaches, it's important to consider how COVID-19 will impact our celebrations and our wellbeing. The CDC is recommending virtual holiday events or small gatherings.



Social isolation and economic downturn are results of the pandemic and are also risk factors associated with mental health issues and an increase in risk of suicide. Figuring out how to adjust to living amidst a pandemic, and making adjustments to routines, traditions and time together is sure to impact the holidays this year. Remember to differentiate physical distancing from social distancing. Small acts of connection, such as letter writing, emails, or social media, have demonstrated reduction in feelings of isolation. We can lessen the adverse effects of social isolation and loneliness by remembering those things that help us feel connected to the world around us. Adapted from beckinstitute.org/suicide-prevention

This year enjoy the holidays by making memories rather than being frustrated or unhappy with the limitations. Here are tips to help navigate the holidays:

- 1. Accept your feelings and get support** - Acknowledge what you feel about your family and their dynamics.
- 2. Maintain routines** - It is important to maintain healthy habits throughout the holiday season that will keep both your body and mind well. Here are three routines to keep you on track:
 - **Get enough sleep** - try for 8 hours and keep bed and wake times similar to what you are used to.
 - **Incorporate regular physical activity into each day** - make a plan to move your body each day.
 - **Set boundaries by saying NO** – give yourself permission to prioritize what is important to you.
- 3. Choose healthy coping strategies** - The holidays can be a triggering time for feelings of stress, anxiety, and depression. Here are a few coping strategies to consider:
 - Avoid drugs and alcohol.
 - Practice mindfulness.
 - Take a walk, preferably in nature on a sunny day.
- 4. Manage your expectations** - Setting realistic expectations is key. This may mean communicating your needs to family members in advance.
- 5. Change your perspective** - The holiday season is filled with traditions where people focus on what actually matters - LOVE and GRATITUDE, both of which lower stress. Adapted from [5 ways to protect your mental health from holiday stress](#)

In 2009, having recently moved back to my hometown of Rochester, NY from North Carolina after losing my husband to suicide, I attended my first International Survivors of Suicide Loss Day. Walking into a room full of strangers but knowing we all had a shared grief was a turning point for me on this journey. For the first time I saw that I wasn't alone. This burden of grief and the many questions that came with it was something that others were also carrying. We shared tears. We laughed. We told our stories. We connected. I left that event feeling a tiny bit lighter, a little stronger, and a lot less alone. ~contributed by a loss survivor

International Survivors of Suicide Loss Day

Join us on November 21st for International Survivors of Suicide Loss Day. Community and connection are a vital part of the journey you are on. There is HOPE. For more information, visit the AFSP website.



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)**.

Text **GOT5** to **741741** for the Crisis Text Line
NYS Emotional Support Help Line: **1 844-863-9314**
Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

Download the FREE **HOPE - Broome County Mental Health App** for more information and resources.



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Hope