

# B.C. SAFE



## Broome County Suicide Awareness for Everyone

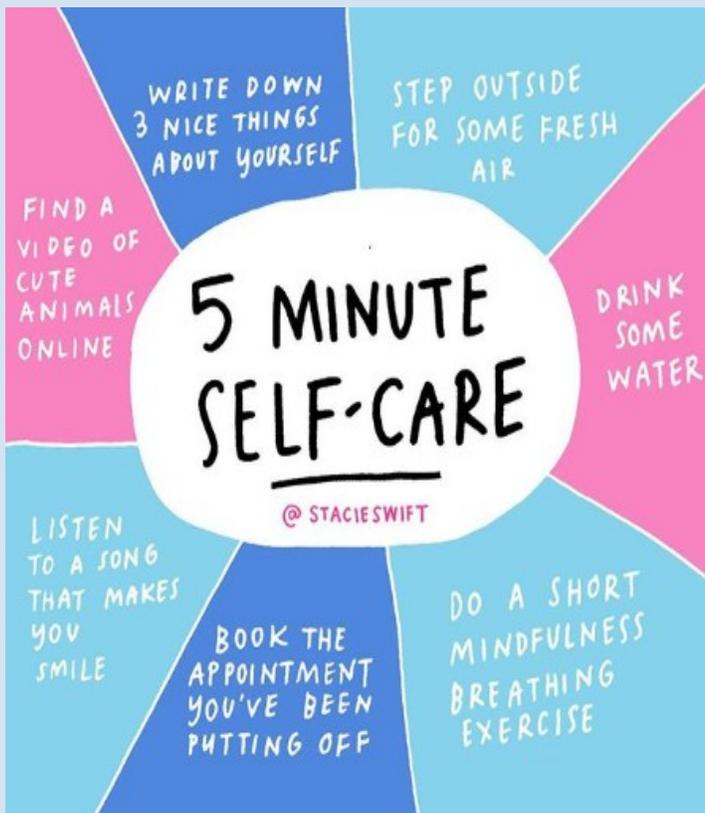
*Our mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources in Broome County.*

**IT IS NATURAL** to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family. Self-care during an emergency will help your long-term healing.

### STRESS DURING AN INFECTIOUS DISEASE OUTBREAK MAY LOOK LIKE...

- Fear and worry about your own health and the health of your loved ones.
  - Feelings of numbness, disbelief, anxiety or fear.
  - Changes in appetite, energy, and activity levels.
    - Difficulty concentrating.
  - Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
  - Worsening of chronic health problems.
    - Anger or short-temper.
  - Increased use of alcohol, tobacco, or other drugs.

**Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



**Connect with others.** Talk with people you trust about your concerns and how you are feeling.

**Stay informed.** When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.

**Avoid too much exposure to news.** Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.

**Seek help when needed** If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, doctor, or other resource.

## ACCURATE information can reduce anxiety.

Make sure that you obtain reliable information about COVID-19, including how to practice social distancing, symptoms of infection and when to seek treatment.

### Center for Disease Control and Prevention

1-800-CDC-INFO (1-800-232-4636)

<http://www.cdc.gov>

### World Health Organization

<http://www.who.int/en>



## NEED TO CONNECT?

### NYSCOVID-19 EMOTIONAL SUPPORT HELPLINE:

**1-844-863-9314**

8 AM - 10 PM, 7 days a week

### National Suicide Prevention Lifeline

@ **1-800-273-8255**

### Crisis Text Line

Text **"Got5"** to **741741**

To start a conversation

### SAMHSA Disaster Distress Helpline

@ **1-800-985-5990**

or text **TalkWithUs** to **66746**

### NAMI HelpLine

@ **1-800-950-6264**

NAMI is available Monday-Friday, 10AM—6:PM EST for mental health resources

## Dealing with the Isolation Blues

Humans are social beings; we're meant to connect. It's all right to feel anxious, angry, scared and worried right now. Collectively we're all feeling it! These small actions can help boost your mood during times of stress and isolation.

### Use technology to stay connected

Connect with the people who are important to you on the phone, through social media, video chats and text. Self-isolation doesn't mean cutting off all communication – in fact, it's more important than ever to talk and listen, share stories and advice, and stay in touch with the people who matter to you.

### Notice what makes you feel good

Whether it be eating healthy food, noticing the beauty outside your window or taking a walk around the block. Find those things that fill your soul and make you happy.

### Keep moving

Try not to spend all day in bed or on the couch. Getting some exercise helps your mind and body to release tension and stress and gives you the energy and good feelings you need to get through. Find ways to move your body and your mood every day. It's ok to go for a walk, run or ride your bike, as long as you stay a safe distance from people.

### Think about how you can help

Giving helps us to feel we're still a part of our community, even when we have to stay at home. Think about ways you can give your time, skills and knowledge to help others. For example, can you text a complement to someone, share a recipe or book recommendation on social media, or call someone who might be feeling lonely.

### Stick to a routine

This sounds boring but it will help you get through each day. Go to sleep and wake up at the same time, eat regularly, shower, change your clothes,

get some fresh air, video-chat with colleagues or friends, do your chores. Make sure you make time for fun!

### Find ways to relax

This is especially important if you're feeling stressed or anxious. Finding things that help you breathe deeply, switch off and recharge will help you to feel better. It's ok to take a break from social media or news outlets if they get too intense.

You are  
**NOT**  
alone!

Modified from: [COVID-19: Wellbeing in Isolation](#)

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)**.

Suicide Prevention Lifeline Web Chat: [www.suicidepreventionlifeline.org/chat/](http://www.suicidepreventionlifeline.org/chat/)

Download the **HOPE App** for more information and resources; available for iPhone or Android for FREE.



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