

# 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.*

# CHALK THE WALK & HAVE THE TALK

## A Community-Wide Awareness Project

in recognition of World Suicide Prevention Day on September 10, 2020

Over half of Americans are affected by suicide. Addressing stigma around suicide is critical and being comfortable having open conversations is key. In years past, BC SAFE (Broome County Suicide Awareness For Everyone) met this challenge by hosting an annual breakfast event for the community in honor of *World Suicide Prevention Day*. As suicide is a public health issue and truly impacts many lives, the breakfast was designed to promote suicide awareness and prevention by providing resources and key educational components. This year, due to the pandemic, the coalition decided to do something a little different through a week of action. We need YOUR HELP to connect

with and educate our community through positive messaging and imaging September 10<sup>th</sup> – 18<sup>th</sup> with the **CHALK THE WALK & HAVE THE TALK** Campaign.

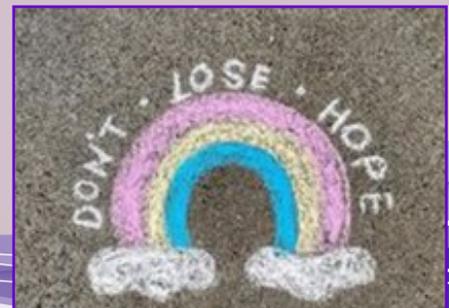
By participating in **CHALK THE WALK & HAVE THE TALK**, you will make a difference in this life-saving effort by offering Hope, Inspiration and Resilience. We ask that you safely gather your employees, family or friends to chalk inspiring messages on the pavement outside your place of business or home (or both!) to create much needed awareness.

Need some ideas to start? Visit [pinterest](#) for inspiration. So, let's make Broome County **colorful**

September 10 through September 18! Enter our contest to be considered for one of the three categories and win a prize.

**Don't have chalk?** Chalk can be picked at Broome County Mental Health located in the Career and Community Services Center in the Oakdale Mall, and MHASt on Robinson Street, Binghamton next to the CVS.

**For more information** on the campaign, the contest or suicide prevention, go to [gobroomecounty/mh/bcsafe](http://gobroomecounty/mh/bcsafe) or call 607-778-1146.



**World Suicide Prevention Day (WSPD), 10 September,** is organized by the International Association for Suicide Prevention (IASP) with its co-sponsor the WHO (World Health Organization). The purpose of this day is to raise awareness around the globe that suicide can be prevented. It encourages us to engage with each other and to join together to spread awareness of suicide prevention.

**Preventing suicide is often possible!** You can make a difference – as a member of society, as a child, as a

parent, as a friend, as a colleague or as a neighbor. There are many things that you can do daily, and also on World Suicide Prevention Day (WSPD), to prevent suicidal behavior. You can raise awareness about the issue; educate yourself and others about the causes of suicide and warning signs for suicide; show compassion and care for those who are in distress in your community; question the stigma associated with suicide, suicidal behavior and mental health problems; and share your own experiences. (Adapted from [WSPD2020](#))

MYTHS

FACTS

## Knowing the facts about suicide reduces stigma and supports people in getting the important help they may need.

**Myth:** It's best not to plant the idea of suicide by talking about it with someone who seems depressed.

**Fact:** Talking about suicide provides the opportunity for communication. Fears that are shared are more likely to diminish. The first step in encouraging a suicidal person to live comes from talking about those feelings. The first step can be the simple inquiry about whether or not the person is intending to end their life.

**Myth:** If a person is determined to commit suicide, nothing will stop them.

**Fact:** Suicides can be prevented. People can be helped. Suicidal crises can be relatively short-lived. Suicide is a permanent solution to what is usually a temporary problem. Most suicidal people feel ambivalent and are torn between the desire to live and the desire to die. They just want the emotional pain to stop and see no other way out.

**Myth:** If someone is talking about suicide, they probably aren't serious, right?

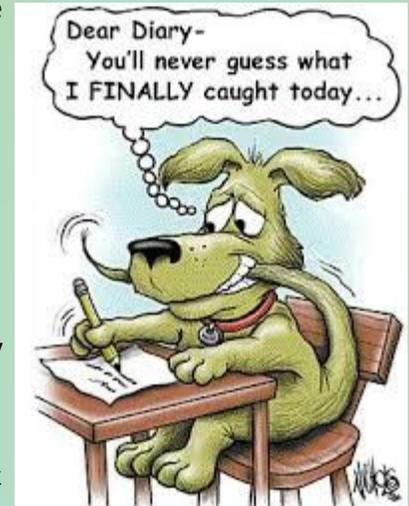
**Fact:** Every threat should be taken seriously. A conversation opens the door to discuss any concern.

**Myth:** Shouldn't the experts be the ones to prevent a suicide?

**Fact:** Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide. Suicide is preventable, and almost ANY positive action may save a life.

**Myth:** Don't suicidal people keep their plans to themselves?

**Fact:** Most suicidal people communicate their intent sometime during the week preceding their attempt through warning signs or invitations through FACTS (Feelings, Actions Changes, Threats, Situations)



A sense of humor can help destress a situation!

adapted from [magellanhealthinsights](http://magellanhealthinsights)



**You Can Help Someone!** Learn how to recognize the warning signs when someone's at risk—and what you can do to help, if you believe someone may be in danger of suicide:

- \* Call 911, if danger for self-harm seems imminent.
- \* Ask them if they are thinking about killing themselves.
- \* Listen without judging and show you care.
- \* Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- \* Remove any objects that could be used in a suicide attempt.
- \* Follow up with the person at a later time

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.

 **Connect with us on Facebook! @BC SAFE Coalition**

#Broomehas  
Hope