

May 2020 Special Edition  
Mental Health Awareness

# B.C. SAFE



Broome County Suicide Awareness For Everyone

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

## May is Mental Health Awareness Month

### Do you know your #TOOLS2THRIVE?

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges that can impact their mental health. The good news is there are practical tools everyone can use to improve their mental health and increase resiliency. There are also ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

May is Mental Health Month. The BC SAFE (Broome County Suicide Awareness For Everyone) Coalition is highlighting #Tools2Thrive - what individuals can do daily to prioritize their mental health, build resiliency in the face of trauma and obstacles, support those who are struggling, and work towards a path of recovery.

We are also exploring topics that can help you build your own set of #Tools2Thrive - recognizing and owning your feelings; finding the positive after loss; connecting with others; eliminating toxic influences; creating healthy routines; and supporting others - all as ways to boost the mental health and general wellness of you and your loved ones.

When it comes to your feelings, it can be easy to get caught up in your emotions as you're feeling

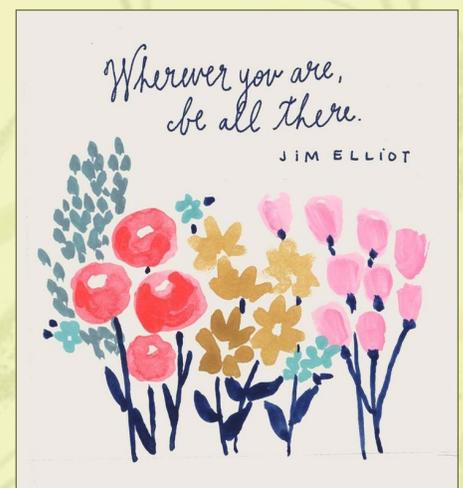
them. Most people don't think about what emotions they are dealing with but taking the time to really identify what you're feeling can help you to better cope with challenging situations. It's ok to give yourself permission to feel. We also know that life can throw us curveballs - and at some point in our lives we will all experience loss. It may be the end of a relationship, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally.

It also is true that connections and the people around us can help our overall mental health - or hurt it. It's important to make connections with other people that help enrich our lives and get us through tough times, but it's equally important to recognize when certain people and situations in life can trigger us to feel bad or engage in destructive behaviors. Identifying the toxic influences in our lives and taking steps to create a new life without them can improve mental and physical health over time. And we know that work, paying bills, cleaning, getting enough sleep, and taking care of children are just some of the things we do each day - and it is easy to be overwhelmed. By creating routines, we can organize our days in such a way

that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

For each of us, the tools we use to keep us mentally healthy will be unique. But BC SAFE wants everyone to know that mental illnesses are real, and recovery is possible. Finding what works for you may not be easy but can be achieved by gradually making small changes and building on those successes. By developing your own #Tools2Thrive, it is possible to find balance between work and play, the ups and downs of life, and physical health and mental health - and set yourself on the path to recovery.

For more information, visit [www.mhanational.org/may](http://www.mhanational.org/may).



# Tools 2 Thrive

## Owning Your Feelings

- \* Allow yourself to feel
- \* Don't ignore how you're feeling
- \* Build your emotional vocabulary
- \* Try Journaling
- \* Consider the strength of your feelings
- \* See a mental health professional

## Finding the Positive After a Loss

- \* Try to see your experience as a strength
- \* Learn from others
- \* Look for opportunity amid adversity
- \* Remember the good times
- \* Do what makes you happy
- \* Don't be afraid to get help

## Connecting with Others

- \* Connect with others at familiar places
- \* Use shared experiences for conversation
- \* Give compliments
- \* Make time to be social
- \* Use social media

## Creating Healthy Routines

- \* Create the routine that is right for you
- \* Start small
- \* Add to your existing habits
- \* Plan ahead
- \* Make time for things you enjoy

For more information: [www.mhanational.org/may](http://www.mhanational.org/may)



## Social Media

allows us to stay connected with family and friends around the globe and connect with other like-minded people in positive ways. Additionally, personal social media platforms allow us to share our individual journeys, enhancing feelings of well-being and support. However, social media can appear to be a double-edged sword, with equal power to alienate and isolate us from the people that matter most. The secret is learning when enough is enough and how you can use social media in mindful ways that are beneficial rather than harmful. [Mindful Social Media Practices](#)

## Helpful Resources

- Kids: [What Every Child Needs](#)  
Teens: [Helping Teens Cope](#)  
Adults: [Keep Your Mind Grounded](#)  
Seniors: [7 Ways to Improve Mental Health in Seniors](#)  
Vets: [MovingForwardVeteranTraining - VA.gov](#)  
For all: [headspace.com](http://headspace.com)

[Broome County Mental Health Coronavirus Resources](#)

## Take our poll!

Results will be shared  
on Facebook May 28<sup>th</sup>

[Survey](#)



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)** or Text **Got5** to 741741  
NYS COVID-19 Emotional Support Helpline - 844-863-9314

For further assistance; dial 211, or text your zip code ( i.e. 13905) to 898211, or [helpme211.org](http://helpme211.org)

Suicide Prevention Lifeline: [www.preventsuicideny.org](http://www.preventsuicideny.org)

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



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