

# CHALK THE WALK & HAVE THE TALK

## A Community-Wide Awareness Project

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

### THE ACTIVITY

In years past, BC SAFE (Broome County Suicide Awareness For Everyone) has celebrated *World Suicide Prevention Day* by hosting an annual breakfast event for the community, which helped to promote suicide awareness and prevention. This year the coalition decided to do something a little different and needs YOUR HELP to connect with and educate our community during the week of action September 10<sup>th</sup> – 18<sup>th</sup>!



Suicide is the 10<sup>th</sup> leading cause of death and the 2<sup>nd</sup> leading cause for ages 10-34. Additionally, over half of Americans have been affected by suicide. Addressing stigma around suicide is critical and being comfortable having open conversations is key. By participating in **CHALK THE WALK & HAVE THE TALK**, you will make a difference in this life-saving effort. We will provide the sidewalk chalk and 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.

### TAKE PICTURES AND SHARE WITH US!

We hope you enjoy this inspiring activity and will share pictures of you and/or your team's creations! To help raise awareness, post to your Facebook page using the hashtag **#BroomeHasHope** and tag @BCSAFECoalition during the week of action.



To be considered for prizes, please enter the contest by registering at <https://mhast.org/>. Contest opens 9/10/20 and ends 9/18/20.

**Chalk pickup locations:** Broome County Mental Health at the Career and Community Services Center, Oakdale Mall  
MHAST on Robinson Street, Binghamton

### IDEAS (Here are some ideas to get you started, but we encourage you to come up with your own)

- ❖ Talking about suicide doesn't make someone complete suicide
- ❖ Suicide prevention is everyone's business
- ❖ The Suicide Prevention Helpline (1-800-273-8255) is available 24/7
- ❖ There is always HOPE/ Don't lose HOPE
- ❖ Break the Silence/Let's Talk
- ❖ It's OK to ask/It's OK to ask for help
- ❖ It's OK to NOT be OK
- ❖ You're not alone
- ❖ You matter
- ❖ Knowledge is POWER
- ❖ Text "GOT5" to 741741
- ❖ You are brave/You are strong

### SAMPLE IMAGES (For additional resources, check out [Pinterest](#))



For more information, please contact BC SAFE at 607-778-1146 or [bcSAFE@broomecounty.us](mailto:bcSAFE@broomecounty.us)