



NEWSLETTER 2025

Volume 10 Issue 2

A local suicide prevention coalition whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.



bit.ly/43BmIIX



MENTAL HEALTH AWARENESS MONTH: CARING FOR YOU - MENTAL HEALTH

Self-care means taking the time to do things that help you live well and improve both your physical and mental health. This can help manage stress, lower the risk of illness, and increase energy. Even small acts of self-care in your daily life can have a big impact. Here are some self-care tips:

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at a time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule and make sure you get enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reducing blue light exposure from your phone or computer before bedtime can be helpful.

- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate all that you've accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge any negative or unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

For the full article: <https://rb.gy/i0lmt3>

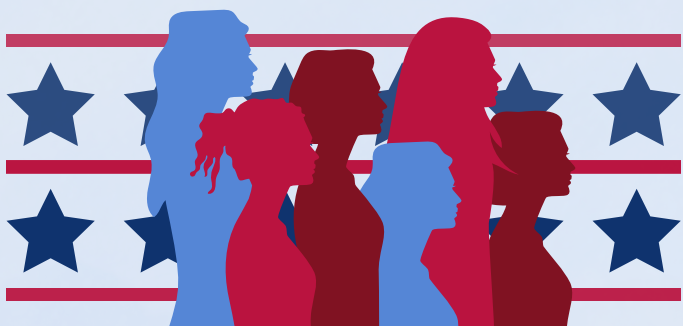


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WOMEN'S VETERAN'S DAY



Women Veterans Day, also referred to as Women Veterans Recognition Day and Women Veterans Appreciation Day, is observed on June 12th, a date chosen to mark the anniversary of the Women's Armed Services Integration Act. Though not yet recognized nationally, there are many states that have passed legislation or a proclamation.

Even though women have been serving since the Revolutionary War, President Harry S. Truman on June 12, 1948, signed into law the Women's Armed Services Integration Act, **it enabled women to serve as permanent, regular members of not only the Army but also the Navy, Marine corps, and the recently formed Air Force.** Prior to then, only women nurses could serve in the regular and reserve forces during peacetime. For the full article: <https://rb.gy/nd5f8i>

LGBTQ PRIDE MONTH



June is Pride Month! It is a vibrant celebration of identities and a crucial platform for advocating equality within the LGBTQ+ community. Addressing the mental health challenges faced by the LGBTQ+ community requires a concerted effort from individuals, communities, and organizations. For the full article and to learn more on how we can address challenges, go to <https://bit.ly/42eHFEH>



#LOVEWINS!



**TRY TO FIND ALL THE MENTAL HEALTH WORDS.
DO ANY HAVE MEANING FOR YOU?**

C	A	L	M	M	P	K	O	R	L	B	N	E	K
W	M	I	M	N	W	M	V	A	L	P	N	T	I
H	B	E	L	R	E	R	W	S	E	G	D	I	N
G	E	H	G	I	L	O	O	M	N	Y	A	T	D
E	P	T	P	N	L	E	R	I	O	H	C	R	N
L	P	A	O	R	B	E	T	N	I	T	E	E	E
G	R	E	S	T	E	M	H	D	S	A	O	S	S
G	E	R	I	G	I	P	Y	F	S	P	G	E	S
R	L	B	T	G	N	O	M	U	A	M	N	L	T
O	I	E	I	I	G	W	O	L	P	E	I	F	C
W	S	U	V	O	L	E	V	N	M	E	L	L	E
T	T	N	E	O	L	R	E	E	O	S	A	O	B
H	E	I	I	T	G	E	C	S	C	L	E	V	V
V	N	I	M	A	P	D	M	S	B	E	H	E	S

WORTHY
MINDFULNESS
EMPOWERED
GROWTH
WELL BEING
CALM
POSITIVE
HEALING
LISTEN
KINDNESS
BREATHE
SELF LOVE
COMPASSION
MOVE
EMPATHY

SHINING THE LIGHT ON STIGMA

QUESTION: Can seeking help for mental health mean I'll have to take medication?

Treatment for mental health is highly individualized. While medication can be effective for some, it is not the only option. Most patients experience the most benefit when medication is used along with other things such as therapy, lifestyle changes, and mindfulness practices. The key is finding what works BEST for you which involves a conversation with your doctor.

For more information: <https://rb.gy/7hhkd6>

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