

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.



Spring Season and Mental Health

The changing of the seasons and the start of the warmer months is generally associated with growth, rebirth, and a frenzy of flowers pushing out of the barren, thawing, soil. The changing of the seasons is not the end all cure for seasonal depression, anxiety, and other mental illnesses. In fact, the spring and early summer months see the highest rates of suicide, and many people experience increased depression and anxiety. Why does this happen, and what are some steps we can take to make it through the changing of the seasons?

One of the major reasons people may feel more depressed and anxious in the springtime is simply because of change. Change [may] feel like an exciting opportunity, [for] others it may feel an intense instability in their lives.

Springtime is also associated with major life events, like graduations or weddings [that] often mean big parties, social events, and family interactions which may trigger intense feelings of anxiety. Memories of these events may also produce feelings of deep nostalgia or melancholy, potentially triggering depressive thoughts.

Other factors may be physiological. Many people experience spring allergies, where our immune systems are working twice as hard to feel twice as crummy for days on end. Our bodies and our minds might feel helplessly depleted during [this time]. Hormones [may] contribute to mood changes in the springtime. [Melatonin] [supports] our sleep cycles, and any change may produce sleep problems or grogginess,

which is never beneficial to our mental health.

What can you do to make it through the spring?

- Find Routine- find at least one consistent activity for your week to look forward to.
- Focus on sleep- Prioritize sleep! Set two alarms, one to GO TO BED, and one to WAKE UP.
- Ask for help- Reach out to friends or family for a support system. Seek out a therapist or treatment to help you process your feelings.

For the full article: [Spring Season and Mental Health](#)

Ways to start a #RealConvo

Wanted to check in, how are you?

I haven't been feeling like myself lately, can we talk?

Hey, you good?

Want to talk about it?

Is everything okay?

I'm here to listen, always

afsp.org/realconvo



American
Foundation
for Suicide
Prevention

5 Myths that Prevent Men from Fighting Depression

Depression can be hard to talk about—so hard that a lot of men end up silently struggling for years. This is one of the reasons why men account for 3.5 times the number of suicides as women, with depression is one of the leading causes of suicide.

Fighting depression is difficult, the illness and the stigma. For men, the fear of looking weak or unmanly adds to this strain.

Common myths that stand between men and recovery.

Depression = Weakness

Depression has nothing to do with personal weakness. It is a serious health condition that millions of men contend with every year. It's no different than developing diabetes or high blood pressure—it can happen to anyone. Strength is working and building supports to address...[the feelings and challenges].

A Man Should Be Able To Control His Feelings

Depression is a mood disorder, which means it can make us feel down when there is absolutely nothing to feel down about. We can't always control what we feel, but we can do our best to control how we react. And that includes choosing whether to ignore our problems or face them before they get out of hand.

Real Men Don't Ask For Help

Sometimes we need an outside perspective on what might be contributing to our depression. Consulting a professional who has more knowledge of depression and treatment is the smartest

thing to do. Trying to battle a mental health condition on your own is like trying to push a boulder up a mountain by yourself—without a team to back you up, it's going to be a lot harder.

Talking About Depression Won't Help

Ignoring depression won't make it go away. Sometimes we think we know all the answers and think that talking won't help a situation. This couldn't be further from the truth. Often, things that seem like a huge deal in our minds aren't as stressful when we talk about them more openly with a friend or mental health professional. Talk therapy (or psychotherapy) is a proven treatment for depression. It's useful for gaining new perspectives and developing new coping skills.

Depression Will Make You A Burden To Others

Being unhealthy and refusing to seek treatment can put pressure and stress on those that care about you, but *asking for help does not make you a burden.* It makes people feel good to help a loved one, so don't try to hide what you're going through. What's most frustrating is when someone needs help, but they refuse to ask for it.

If you (or a man you know) think you might be living with depression, reach out to a professional for support for yourself or your loved one.

For the full Article: [5 myths that prevent men from fighting depression](#)



Three Ways to Support LGBTQ+ Youth & Protect Against Suicidal Behavior

Make LGBTQ+ youth feel seen and valued

There is no greater gift from one human to another than to be seen and valued

Show LGBTQ+ youth that you care about them

It's the small things that happen in everyday exchanges that communicate care.

Have their backs

Our research tells us that one of the most critical factors to prevent suicidal ideation and behavior among LGBTQ+ youth is to ensure that LGBTQ+ youth both are and feel safe in their families, schools, and communities

For the full article: <https://afsp.org/story/thriving-with-pride-three-ways-to-support-lgbtq-youth>



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.

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