

Seasons of Risks & Safety Tips Stress & Mental Health Support

Fall

- September is National Preparedness Month. This is a great time for safety checks:
 - Smoke detector on every floor and near every sleeping area (test monthly)
 - Carbon monoxide detector on every floor at waist level (test monthly)
 - Fire extinguisher for each floor of your home
- Ensure all furnaces are clean, properly vented, and ready for use
- Review and update any emergency kits, contact lists, and home evacuation or shelter-in-place plans

Winter

- Adhere to local travel bans and advisories
- Avoid unnecessary travel and check on friends and family during severe weather
- See current road conditions at 511ny.org

Spring

- Know local flood hazards, and do not attempt to wade through or drive through flooded conditions

Summer

- Stay hydrated and avoid prolonged heat
- Practice good outdoor recreation safety, especially if involving water or boats
- Use sunscreen, insect repellent, bike helmets, and lifejackets when relevant

Good self care improves mental health

- Call 911 in an emergency
- Crisis Text Line: Text “HELP” to 741741 to connect with a volunteer crisis counselor



**988: Help is available,
speak with someone today**

Call, text, or chat online
Languages: English, Spanish
Hours: Available 24 hours

Helpful Tips:

- For Veterans: 988 and then press 1
- De Haba Española Línea de Suicidio: 988 para español, presione 2
- Text: Envía “AYUDA” al 988
- For LGBTQI+: 988 and then press 3

Genesee County Mental Health

Services include assessment, therapy, and medical management for residents 4+ with stressors or mental health concerns impacting their ability to function.

Walk-In Hours:

Monday through Friday

9:00am–3:00pm (seen in order of arrival)

Main Office: (585) 344-1421

Genesee and Orleans County Care & Crisis

Hotline: (585) 283-5200



PREPARED IS BETTER



Public Health Emergency Preparedness for the Genesee and Orleans County Health Departments (GO Health) works with the Genesee County Office of Emergency Management to help our community stay safe, resilient, and prepared for emergencies.

Visit online at:



The Emergency Preparedness “Top 10” Recommendations

1)

Make a Household Emergency Kit and Evacuation Plan



- Think about what you might need during an emergency
- Plan for quickly leaving your home, or potentially out of the immediate area, knowing where and with whom you want to meet

2)

Take First Responder and Safety Trainings



- You are likely to be the first responder for people you care about most
- More trained responders makes our community safer

3)

Use the Yellow Dot Program with a decal placed on your rear driver’s side window, to alert emergency responders to look in the glove compartment for any emergency medical information



4)

Use In Case of Emergency or I.C.E. Contact

on your phone lock screen, or at least as a saved contact



5)

Protect Against Carbon Monoxide



- Install a carbon monoxide detector in your home
- Don’t use generators or gasoline engines within 20 feet of your home
- Ensure any car or heating system has appropriate and unobstructed ventilation
 - Beware of snow blocking car tail pipes
 - Don’t try to heat your home with a gas oven

Learn more at:



6)

Fire Safety in Your Home

Install and regularly check both smoke detectors and fire extinguishers inside your home

- Learn more at:



7)

Restock Before Severe Weather Arrives

Refuel, buy groceries, and refill essential medications



8)

Know Your Household Hazards

- Top 3 household threats: falls, fires, and poison
- Learn more at:



9)

Stay Active and Connected with Your Community

- Responding and recovering from disaster requires working together
- Volunteer to help others in ways meaningful to you
- Learn about one way to connect here:



10)

Stay Informed

- Know the threats, and best actions for you to take
- Receive alerts and find useful resources on our local emergency preparedness app,
- Ready Genesee



Download here:

