

IT'S OK TO ASK FOR HELP & IT'S OKAY TO CARE.

People having suicidal thoughts can feel so overwhelmed that they are unable to reach out for help. They just want the pain to stop.

If someone has given you a Yellow Ribbon Card they are asking you for help.

We can all save lives by knowing what to do if someone hands us a Yellow Ribbon Card.

This card is a cry for help

The person who has given you this card needs your help but doesn't know how to tell you they are not coping.

STAY – with the person

LISTEN – Don't try to solve their problems just let them speak or be with them in silence.

SAFETY – Be aware of your own safety and theirs.

HELP - If you can't help them call someone who can.



24 hr Hr Crisis Care:

Lifeline 131 114

Crisis Care 24/7 – 1800 199 008

Beyond Blue – 1300 224 636

Suicide Call Back Service – 1300 659 467

Rural Link – 1800 552 002

VOLUNTEERING

We are always welcoming new members. If you would like to know what is involved as a volunteer for Midwest Yellow Ribbon for Life please contact our secretary by email.



It's ok to ask for help, its ok to care

CONTACT US

Midwest Yellow Ribbon for Life Inc.
PO Box 93, Geraldton 6530

Email: secretary@yellowribbonmidwest.org.au

Donations: treasurer@yellowribbonmidwest.org.au

www.yellowribbonmidwest.org.au



It's ok to ask for help, its ok to care

The object of the
Yellow Ribbon Program is to:

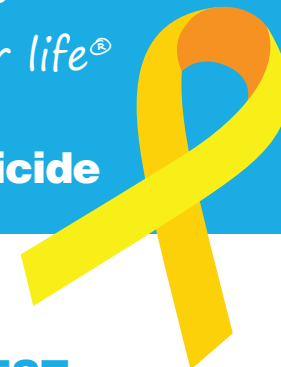
SAVE LIVES

Providing Programs like:

Conversations for life®



Life Beyond Suicide



MIDWEST YELLOW RIBBON FOR LIFE

**A Not for Profit
Midwest Community Based
Prevention of Suicide Organisation**

Supported by members of the Midwest Community
Since 1998



BE READY, WILLING AND ABLE

Having *Conversations for life*® could save a life.

Conversations for life® is a half-day suicide prevention workshop that's for everyone, and particularly those who are interested in keeping others safe and connected. It offers practical ways to reduce the risk of suicide before it becomes a crisis, and is part of **Lifeboat**®, an integrated suite of uniquely Australian suicide prevention training programs.

Conversations for life® will equip you to:

- ❖ Be ready, willing and able to have the conversation
- ❖ Plan the conversation
- ❖ Use the correct language and approach
- ❖ Work together to achieve successful outcomes

Enquiries:

- ❖ Sarah 0427 844 447 or
- ❖ Robyn 0428 381 545

Bookings:

- ❖ Holistic.counselling@node1.com.au



In collaboration with the National Institute of Mental Health Research at the Australian National University.

MIDWEST

“Life Beyond Suicide” SUPPORT GROUP

For those bereaved by suicide

The Midwest Suicide Bereavement Program is a professionally facilitated self-help group providing a safe place for people bereaved by suicide to come together for:

- ❖ Information
- ❖ Understanding
- ❖ Support
- ❖ Sharing
- ❖ Respect
- ❖ Listening
- ❖ Learning

The Program consists of eight (8) weekly sessions, followed by ongoing support at monthly meetings.

Topics covered include, but are not limited to:

- ❖ Anger
- ❖ Grief and Loss vs. Depression
- ❖ Guilt and Shame
- ❖ Forgiveness of self and loved one
- ❖ Emotional Acceptance
- ❖ Moving Forward

Enquiries:

- ❖ Robyn 0428 381545

Email:

- ❖ holistic.counselling@node1.com.au

RESPONSIBILITY

I have the responsibility to those I love...

To be loving, patient, considerate and kind

To be loyal, respectful and honest

To be appreciative, encouraging and comforting, to share myself and care for myself

To be the best possible “Me”

BUT

I am not responsible for another...

For their achievements, successes or triumphs

For their joy, gratification or fulfilment

For their defeats, failures or disappointments

For their thoughts, choices or mistakes

Nor for their suicide

For had I been responsible,
this death would not have occurred.

- Author Unknown



THIS RIBBON IS A LIFELINE

It carries the message that there are those who care and will help. If you are in need and don't know how to ask for help, take this card to a counsellor, teacher, clergy, doctor, parent or friend and say:

“I need help”

“I need to use my
Yellow Ribbon”



© The Yellow Ribbon Program is in loving memory of Michael Emme