

IT'S OK TO ASK FOR HELP

If you are having suicidal thoughts there are those who care and will help. If you are in need and don't know how to ask for help, go to a counsellor, teacher, clergy, doctor, parent or friend and say:

"I need 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. We can all save lives by knowing what to do.

If a person needs your help:

- 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 Crisis Care:

Lifeline	13 11 14
Crisis Care 24/7	1800 199 008
Beyond Blue	1300 224 636
Suicide Call Back Service	1300 659 467
Rural Link	1800 552 002
Kids Helpline	1800 551 800

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 fulfillment
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

CONTACT US

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

Donations: treasurer@yellowribbonmidwest.org.au

TRAINING COURSES ENQUIRIES:

Robyn

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Email: coordinator@yellowribbonmidwest.org.au

Sarah

Phone: 0427 844 447

For more information on our courses go to our website

We welcome NEW members!

If you would like to know what is involved
Email: secretary@yellowribbonmidwest.org.au

www.yellowribbonmidwest.org.au



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

The aim of the Yellow Ribbon Program® is to provide:

Suicide Prevention Programs

throughout the Midwest Region

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

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

SUICIDE PREVENTION COURSES



Keep others safe & connected.
Make a difference & support others in our community.

CONVERSATIONS FOR LIFE

Early intervention – reduce the risk before it becomes a crisis.

- Learn to identify warning signs.
- Focus on communication skills & strategies.



Training includes:

- 4 hour course
- Manual included



Stronger Smarter

YARNS FOR LIFE

for First Nation people and those who work alongside them.

Training includes:

- 1 day course
- Workbook
- Refreshments & Lunch

LIFE BEYOND SUICIDE

Is a support group for those bereaved by suicide.

This program consists of 8 weekly sessions and continued ongoing support.



SUPPORTING YOURSELF AND OTHERS

1.5 hours course

Covers key steps to recognise general signs of poor mental wellbeing.

TALKING ABOUT MENTAL HEALTH

1.5 hours course

Identify support and differentiate facts from myth.

TALKING ABOUT SUICIDE

1.5 hours course

Looks at the misunderstandings, signs to look out for, how to ask if someone is thinking about suicide, and support if they say 'yes'.



MENTAL
HEALTH
FIRST AID
Australia

STANDARD MENTAL HEALTH FIRST AID (MHFA)

Training includes:

- 12 hour course over 2 days
- MHFA Manual
- Refreshments including Lunches
- Certificate of Accreditation

MHFA IN THE WORKPLACE

Staff complete an online learning section then complete a 4 hour face to face practical section to gain their accreditation.

STANDARD MHFA REFRESHER

The 4 hour face to face refresher allows people who have previously completed a standard MHFA course to refresh their knowledge and skills.

This course offers an opportunity to extend their accreditation for a further 3 years.

MHFA CONVERSATIONS ABOUT SUICIDE

Learn skills in this 4 hour course to be able to support a person who is experiencing suicidal thoughts, know the warning signs & where to go for help.

Training includes:

- Manual
- Certificate of Completion

NON SUICIDAL SELF INJURY

Train to be able to support someone who is engaging in Non-Suicidal self injury in this 4 hour course.

For more information or to register in a course go to TRAINING at

www.yellowribbonmidwest.org.au