

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

Compassion & RESPONSIBILITY

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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.
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Donations: treasurer@yellowribbonmidwest.org.au

TRAINING COURSES ENQUIRIES:

Robyn

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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.



MENTAL
HEALTH
FIRST AID
Australia

MENTAL HEALTH FIRST AID (MHFA)

Support friends, family members, colleagues and others.



BE ABLE TO PROVIDE SUPPORT

Learn the signs, symptoms, treatments and supports available.

Standard MHFA

- 12 hr course over 2 days
- Cert. of Accreditation (3 years)

Workplace MHFA

- 5-7 hrs self-paced eLearning with 4-5 hrs face-to-face session
- Cert. of Accreditation (3 years)

Youth MHFA

- For teachers and those who care for and support young people.
- 14 hr course over 2 days

Teen MHFA

- For secondary school students.
- 3 x face-to-face sessions.

Standard & Youth MHFA Refreshers

- 4 hr refresher for those who have previously completed a Standard or Youth MHFA course to refresh their knowledge and skills. This course allows another 3 year accreditation.

Conversations About Suicide

- Learn to support a person who is experiencing suicidal thoughts.
- 4 hr face-to-face
 - Cert. of Completion

Conversations About Non-Suicidal Self Injury

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

Conversations for life®

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

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

Training involves:

- 4 hour course
- Manual included



Seasons for Growth

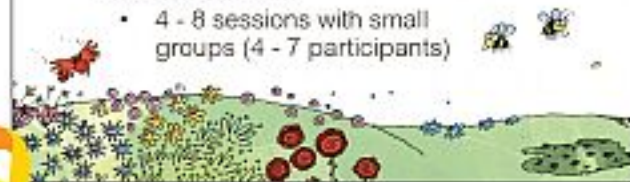
A Grief Education Charity



Small-group education program supporting adults (18+) dealing with significant life changes, loss and grief.

Training involves:

- 4 - 8 sessions with small groups (4 - 7 participants)



For more information or to register in a course go to TRAINING at www.yellowribbonmidwest.org.au

