

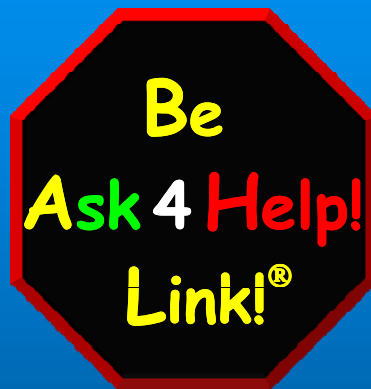


YELLOW RIBBON

Ask for Help

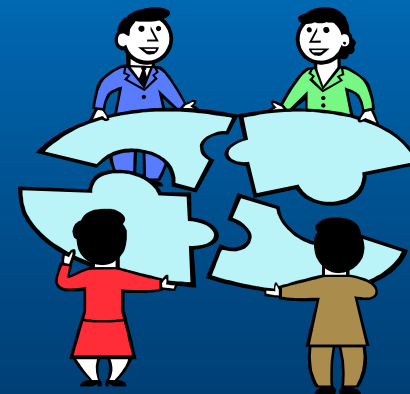
Youth Suicide Prevention Program

Suicide Prevention for youth is...



Being a PEER Suicide Prevention GATEKEEPER

Being a YOUTH COMMUNITY LEADER advocate/stakeholder





Suicide Prevention

Youth do talk about suicide, some are faced with it everyday. Many adults in our everyday world don't or won't talk. Some are afraid, don't know how to talk about it or are afraid of doing the wrong thing.

Youth however, are willing to learn and take action, playing a vital role in saving lives and changing communities.



Suicide Prevention

We know because...

...Youth helped start a worldwide movement, the **YELLOW RIBBON** Suicide Prevention Program.

Let me share their true story...

- Began in Colorado in 1994 in response to heartfelt pleas by teens (and adults) after the death of a friend...
- Teens asked what could they do... they didn't want to lose more friends.
- Words said by his family to his friends, "please don't do this", "please Ask for Help", were put on bright yellow paper.

Why Yellow?

- Their friend was known for his bright yellow 1968 Ford Mustang that he had restored.
- Teens pinned yellow ribbons to 500 message slips for his service.
- They shared them locally and mailed them to their friends and loved ones.



Why Yellow?

- Within three weeks word came of a girl who got help when she gave that slip of paper to her teacher and asked for help.



The ripple effect had begun!

Read more in Chicken Soup for the Teenage Soul

Being a PEER Suicide Prevention GATEKEEPER



- Learn warning signs and how to respond to a cry for help
- Be willing to take action and make a difference
- AND, learn how to use the Yellow Ribbon Program

¹ National Strategy for Suicide Prevention, Goal 1 pg 44

Tragic Facts!

3rd leading cause of death for youth²
11 youth died by suicide—one every 2 hours!



Each year 1 in 5 teens seriously considers suicide.³ You may know someone who is thinking about it or that you are concerned about.

Out of 20 of your friends - 4 may be considering suicide

² American Association of Suicidology, ³American Psychology Association

What can we do?



Learn that Friends CAN help

Like with First Aid and CPR, our actions can be lifesaving, we can make a difference!

Professionals can't do anything until we LINK them to those in crisis.



Talking about suicide won't cause it.⁴

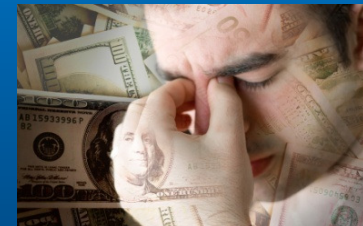
⁴ British Journal of General Practice, ⁵ David Bergman M.D., [Kids on the Brink](#)

Know the RISK FACTORS



- Recent loss of - loved one or friend or romance, being depressed

- Family issues - divorce, money, neglect, abuse



- School issues, new school or failing

⁶ CDC, ⁷ British Journal of General Practice, ⁸ Connect for Kids, ⁹ Science Direct, ¹⁰ Maine Suicide Prevention Program

Know the RISK FACTORS



- Trouble with the law¹¹

- Drugs and alcohol use¹²



- Bullied, discrimination¹³

¹¹ National Institutes of Mental Health, ¹² American Psychology Association, ¹³ Crisis Link

Know the RISK FACTORS



Depression affects an organ of the body - the brain.

Depression can affect thoughts, feelings, behaviors and health.

The **GOOD NEWS** is that over 80% of cases of depression can be successfully treated.



Signs of Depression

- Feeling sad and hopeless.
- Lack of energy, enthusiasm, and motivation.
- Trouble making decisions.
- Feeling restless, agitated and irritable.
- Eating more or less than usual.
- Trouble concentrating
- Trouble with memory
- Feeling bad about yourself or feeling guilty.
- Feeling that you can't overcome the difficulties in your life.
- Trouble functioning.

Ways to treat depression

- Talk therapy
- Medication
- Stress Reduction

Learn the WARNING SIGNS

- Someone threatening to kill themselves
- Someone has or looks for pills or guns
- Someone talking/writing about suicide
 - Anxiety, agitation, anger

Learn the WARNING SIGNS

- Withdrawing from friends/favorite activities
- Struggling with gender identity/orientation
 - Abrupt changes in personality
 - Giving away prized possessions

What can we do?

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 Counselor, teacher, clergy, doctor, parent, or Friend and say:

"I NEED TO USE MY YELLOW RIBBON"

The Yellow Ribbon Program is in loving memory of Michael Emme

Card front

Learn how to
BE A LINK!® and use
the **ASK 4 HELP!** card...

**A tool that you can use to ask for help
for yourself or for a friend**

Don't have to have a card to ask for help



What can we do?

THIS CARD IS A CRY FOR HELP!

- **Stay** with person — you are their *lifeline!*
- **Listen**, really listen. Take them seriously!
- **Get**, or **call**, help *immediately*

673-8255
Yuba –Sutter 24-hr Crisis Line
National Crisis Line *1-800-SUICIDE (1-800-784-2433) *Hope Line Network

 Yuba County Probation Victim & Program Services
4240 Dan Avenue, Olivehurst, CA 95961 Office: 741-6275
www.yellowribbonsd.org



Card back

Learn how to
BE A LINK!® and use
the **ASK 4 HELP!** card...

- **STAY** with the person **DON'T** leave them alone unless there is risk of harm for yourself.
- **LISTEN** *really* listen You are their lifeline. Show you care, don't act like it is a joke. It is OK to say "what can I do to help?" Call their parents, call your parents.
- **GET** or **CALL HELP** Call someone on front of card
Call **800-273-TALK (800-273-8255)** - or call 911.

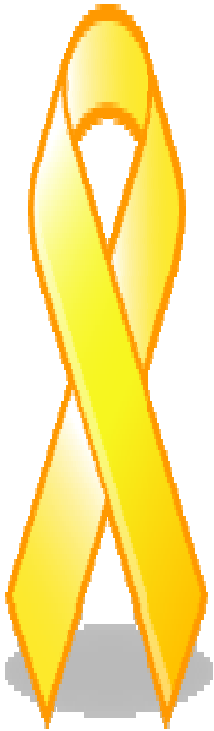


Look for *The Ask 4 Help!*[®] Poster

The person in charge of this area is a trusted person you can Ask 4 Help for yourself or a friend.

Don't have to have a card to ask for help!

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, come in, use your yellow ribbon and say:

“I NEED TO USE MY YELLOW RIBBON”

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

I support the Yellow Ribbon Program!



Sutter -Yuba Mental Health Crisis Services 530-673-8255
Yuba County Probation Victim and Program Services 530-741-6275





What can we do?

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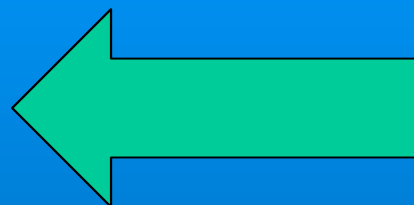
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Psychiatric Emergency
1965 Live Oak Blvd., Yuba City
OR
National Crisis Hotline.



SPEAK UP!

1) Don't promise secrecy - *ASK FOR HELP!*

"She made me promise not to tell. I knew I had to break that promise and ask for help. It was very hard to do, but I'm glad I did. She's getting help and we're still friends."

2) If in doubt - take action - *SPEAK UP!*

"He didn't say suicide when I talked to him on the phone, but he really seemed upset - not himself. I just didn't realize, I wish now that I would have told my mom that I was worried about him, asked her advice - or just told her - he might be alive today".

Respect Privacy

Tell just the adults that you
Ask 4 help.



Gossiping
texting
Tweeting
Facebook

What can we do?

SHARE THE A4H CARD - empower friends



1 of your friends



2 of their friends



4 of their friends



8 of their friends



16 of their friends



32 of their friends

63 circle of friends

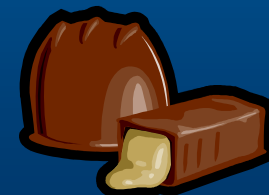
TAKE CARE OF YOURSELF

- ⌘ Laugh, keep your sense of humor
- ⌘ Consider the role of spirituality in your life



- ⌘ Exercise - it releases endorphins

- ⌘ Eat right. *Chocolate is good!*





Quiz



All of these apply to the Yellow Ribbon Program EXCEPT:

A. Treats People Who Have Mental Illness

B. Has Active Youth Clubs in Some Schools

C. Uses the Yellow Ribbon Card and Forms a Community Safety Net

D. Is A Good Way To Save lives

This best describes people with
Mental Illness.

A. Are Crazy

B. Wear funny hats

C. Have a Treatable
Brain Illness

D. Are Violent People



Which is a Warning Sign of suicide?

A. Being a Teen-ager

B. Making Suicidal Statements

C. Taking your dog for a walk

D. Hanging out at the mall



If a friend tells you they are thinking about suicide - which of these should you NOT do?

A. Stay With
Them - Till
They Get Help

B. Don't Tell Anyone

C. Tell An Adult

D. Listen Giving Them
Your Full Attention

When a person is suicidal, what should we do?

A. Get a good nights sleep, call the doctor in the morning.

B. Play basketball

C. Keep it a secret

D. It's a crisis, call for help.



Which are good ways to treat Depression:

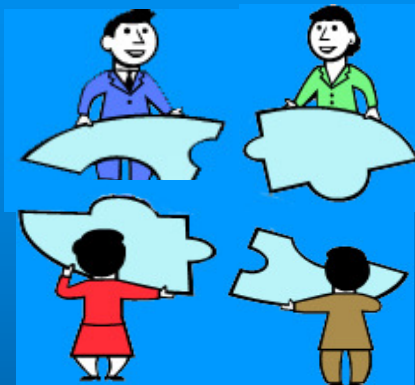
A. Medication

B. Talk Therapy

C. Stress
Management
Techniques

D. All of these

Be an Advocate and Leader



- ⌘ **Become A YOUTH COMMUNITY Leader, advocate/stakeholder in community and school efforts**
Attend a YR Community Action Workshop
Refer to the YR Youth Leaders Guide

- ⌘ **Gather information - Talk to your school - Get support from your peers**
- ⌘ **Prepare an action plan and present it at local community meetings - school board, city council, service groups, public safety (fire, police and EMS)**

Be an Advocate and Leader

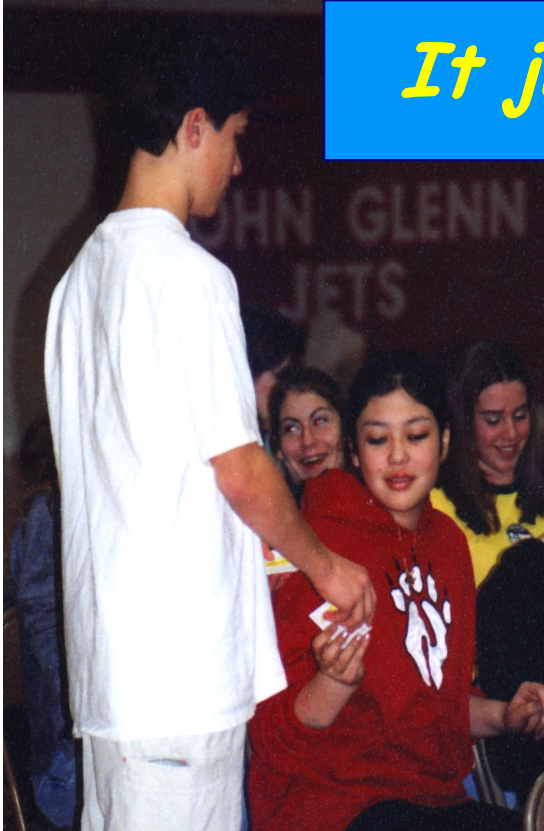
- ⌘ Wear, use and display the YR symbol
- ⌘ Participate in annual YR training events
- ⌘ Participant in annual YR WEEK events and conferences, and local community efforts
- ⌘ Keep a supply of YR cards & brochures on hand



⌘ AND remember...



It just takes one to make a difference!



Yellow Ribbon Card has no expiration date!



The Yellow Ribbon Suicide Prevention Program
is sponsored in Sutter and Yuba Counties by
The Prevention and Early Intervention Program at
Sutter Yuba Mental Health and
the local chapter of Mental Health America
It is also supported by
Yuba County Probation Victim and Program Services



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Yellow Ribbon Suicide Prevention Program®

PO Box 644, Westminster, CO 80036

(Home Office: Orchard Court School, Adams County SD 50)

303.429.3530 Fax 303-426-4496

www.yellowribbon.org ~ ask4help@yellowribbon.org

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