



Talk to your friends/family (especially parents) to let them know that they can talk to you. Older people usually haven't been taught about suicide prevention; teens/youth want to help & can help teach prevention.



Teens started the program in response to the death of a friend. Words said by his family, "Please don't do this, please talk to someone", became the message & were put on yellow paper.

Why Yellow? For their friend who was known for his bright yellow 1968 Ford Mustang that he rebuilt (one of many he worked on).

Teens pinned yellow ribbons to the yellow message slips for his service and mailed them 'everywhere'.

Within 3 weeks, word came of a girl who gave that slip **The RIPPLE Effect began....**

The Yellow Ribbon Ask4Help Card



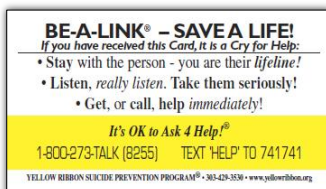
FRONT: Starts The Conversation!

It is a tool that someone can use to Ask 4 Help for themselves or for a friend, and to know how to respond if you are asked.

Call or Text anytime 24/7:

**1-800-273-TALK (8255)
TEXT 741741**

www.suicidepreventionlifeline.org
www.crisistextline.org



BACK: How to Respond! It Helps you help another

- **STAY with the person.** Unless there is risk of harm for you.
- **LISTEN really listen.** Show you care, it's not a joke.
- **GET or CALL HELP.** Call someone on front or the #/text on back.

Responding to a Cry for Help



- Breathe!! Be honest -- don't make promises you can't keep. Show respect
- Tell them: "I do care". "What's happening?" -- "How can I help"?
- Be A Link®! And get help. *You don't have to solve the problem.*
- Remember, you can call the crisis line to help you help another.



Call to Action - Be A Leader / Be A Link

- Talk about suicide and suicide prevention
- Wear - use/display the Yellow Ribbon symbol - the ribbon in for survivors.
- Participate in annual Yellow Ribbon prevention activities
- Keep a supply of cards and other materials available
- Be an resource - Be a Link

