

Youth Membership

Name: _____ Age: _____

Pronouns: _____

School: _____ M _____ F _____

Address: _____

City: _____ State _____ ZIP _____

Phone (optional) _____

Email: _____

Optional

- Are you a suicide survivor? __ Y __ N
- Who did you lose? __ Family __ Friend Their Age _____

Payment (complete these lines if using a credit card or order online at yellowribbon.org/store or call 720-202-0477

_____ Check _____ Visa _____ MasterCard

Exp. Credit Card # _____ Exp Date: _____

ZIP on card: _____ Phone: _____

I am __ Joining __ Renewing today: \$ _____

I am also sending a donation: \$ _____

I cannot join today, but want to help! \$ _____

Total I am sending today \$ _____

Membership benefit: (check one)

Lanyard _____ or Lapel Pin _____ or Wristband _____

Donations and Orders at: yellowribbon.org

For a Yellow Ribbon Card, cut the dotted lines



THIS RIBBON IS A LIFELINE!®

It carries the message that there are those who care and will help! If your 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

Get On Board!

Start the program: school, church, community...

Getting Approved:

- 1) Gather information
 - a) Order your 10 free Ask 4 Help!® Cards & Brochure
 - b) Read over the Yellow Ribbon information and website
- 2) Talk to people at your school--get support from peers
 - a) A petition is a very good show of support
 - b) Get at least one strong supporter from the staff (teacher, counselor, principal, etc.)
- 3) Create a Proposal
 - a) Describe what is Yellow Ribbon
 - b) Identify your peer and staff support(s)
 - c) Outline your plan (i.e.: handing out cards and brochures at lunch, fundraisers, "Yellow T-Shirt Day", etc.)
- 4) Go to your school's Counselor, Principal or Intervention Specialist
 - a) Set up a meeting with them
 - b) Bring your peer and staff supporter
 - c) Present your proposal and information

After you get approved:

- 1) Set the date
 - a) For presentations, workshops/seminars, classes and lectures in the school and community for youth and adults. (Churches and other community locations are also good places to hold these events).
 - b) To hand out all materials (i.e.: brochures, cards, ribbons etc.) for suicide prevention day/week. Materials will be included in trainings and presentations.
 - c) On the hand-out date, state the message of the Yellow Ribbon clearly to everyone - It's OK to Ask4Help!

Order Cards, get the ribbon, and copy the handouts

- a) Order cards - on web or call
- b) \$ can be donated by local businesses /organizations
- c) Cut and pin Ribbons for everyone (supplies can be donated by fabric stores, craft stores or florist)
- d) Copy handouts to give out with the Cards & Ribbons

How You Can Help!

- Make a Donation! • Volunteer!
- Become A Member! • Spread the word!
- Raise Funds for Yellow Ribbon! (i.e.: Car Wash, Bake Sale, Garage Sale etc.)
- Wear a Yellow Ribbon Pin or Bracelet!

It's OK To Ask For Help!®



YELLOW RIBBON

SUICIDE PREVENTION PROGRAM®

PO. Box 644 Westminster, CO 80036
Office: Hidden Lake High School
303-429-3530 • Fax: 303-426-4496

ask4help@yellowribbon.org



Yellow Ribbon is...

Making Suicide Prevention Accessible to Everyone!

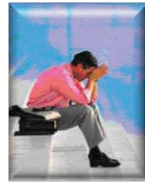
The Program started in response to the heartfelt pleas after the death of a friend and loved one, Mike Emme. Words of help and hope that his family said were put on bright yellow paper. *Why Yellow?* For their friend who was known for the bright yellow 1968 Ford Mustang he had rebuilt. Teens shared the messages locally and began to mail them 'everywhere'. Within three weeks, word came of a girl saved after she asked for help using this bright yellow message, the hallmark of the program - to ask for help. *The ripple effect began* and a bright yellow bridge was built.

**Become a LINK - Become a Member
Let your voice be heard.**

Yellow Ribbon depends on support from friends of yellow ribbon to further our efforts of helping save lives. For a small amount of money, (the same you might spend a week for lunch, a movie or DVD) you can make a real difference. **Join Today!**



**Yellow Ribbon Program
was founded in Loving
Memory of Mike Emme**



Risk Factors

- Problems with school or the Law
- Depression, lack of self-esteem
- Breakup of a romance...or an unexpected pregnancy
- A Stressful family life (parents with history of depression or substance abuse)
- Loss of security; fear of authority, peers, groups or gang members
- Stress due to new situations; beginning at a new school, college, or relocation to a new community



Warning Signs...

- Abrupt changes in personality.
- Giving away prized possessions.
- Previous suicide attempt(s).
- Use of drugs and/or alcohol (for increase).
- Withdrawal from people, especially close friends, family and/or favorite activities.
- Change in eating and sleeping patterns.
- Chronic pain. Restlessness, can't concentrate.

Coping Strategies...



- Spend time with family and other loved ones and friends.
- Consider the importance of spirituality in your life.
- Get involved: school-church.
- Volunteer!
- Exercise! --- Eat right! (Chocolate is good!)
- Laugh and keep your sense of humor!
- Try to be open with your feelings.
- Do not tolerate abuse. Get help IMMEDIATELY!

What if a friend comes to me?

Suicide talk is not crazy! It's serious and is a cry for help! When a friend confides in you and asks for your help, getting your friend help is the right thing to do. Always take someone else's pain or crisis seriously. You don't have to have all the answers. The most valuable thing you can do is to stay with them, really listen and get help; tell an adult you trust.

What if I need help?

It can be hard to get the words out; The Yellow Ribbon Card can **Start the Conversation**. There are people who care! Please give a card or call to those listed on the front and back of the card.

You ARE worth it!!



CALL or TEXT '988'

BE-A-LINK® - SAVE A LIFE!

This Card is a Cry for Help!

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

It's OK to Ask 4 Help!®

Call or Text '988'

YELLOW RIBBON SUICIDE PREVENTION PROGRAM® • 303-429-3530 • www.yellowribbon.org