

Youth Membership

Name: _____ Age: _____

School: _____ M _____ F _____

Address: _____

City: _____ State _____ ZIP _____

Phone (optional) _____

Email: _____

Optional

- Are you a suicide survivor? Y N
- Who did you lose? _____
- Their relationship to you: _____ Their age _____

Payment (complete all of these lines if using a credit card)

Check Visa M/C Discover Am. Exp.

Credit Card # _____ Exp Date: _____

ZIP on card: _____ Phone: _____

I am Joining Renewing today:\$ 15

I am also sending a donation:\$ _____

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

Total I am sending today\$ _____

Membership benefit: (check one) Lapel Pin or Bracelet



OR



I agree to abide by the Policies, Mission & Licensing Standards of LFLI / YRISPP: • that the YR Card will not be changed, • to not create, produce, reproduce, alter or sell/resell any Program materials, merchandise or Trademarks without the written permission of YRISPP, • to use the Program, Program Trainings and Materials in their intended manner. • if I am/we are an Operational Member, to renew annually.

You may copy & mail this form to keep your brochure intact

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 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

Get On Board with Yellow Ribbon!

Start the program at your school...

Getting Approved:

- 1) Gather information
 - a) The more the better
 - b) Read over all the Yellow Ribbon information
- 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 Yellow Ribbon is
 - 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) Order Cards, get the ribbon, and copy the handouts
 - a) Order cards (you can order custom cards with additional cost, order form is available on the website or you can call us to order {see contact information on front})
 - b) Money can be donated by local businesses and other organizations
 - c) Cut and safety pin Ribbons for everyone (supplies can be donated by fabric stores or florist)
 - d) Copy handouts to give out with the Cards & Ribbons
- 2) Set the date
 - a) Set a day to hand out all materials (i.e.: brochures, cards, ribbons etc.)
 - b) On the hand-out date, state the message of the Yellow Ribbon clearly to everyone - It's OK to Ask 4 Help!®



How Can You Help!

- **Make a Donation!**
- **Volunteer!** (call for details, 303-429-3530)
- **Become A Member Today!**
- **Raise Funds For Yellow Ribbon!**
(i.e.: Car Wash, Bake Sale, Garage Sale etc.)
- **Wear a Yellow Ribbon Pin or Bracelet!**
- **Spread the word!**

Contributions by Jacky and Nigel, International Youth Council Members

It's OK To Ask For Help!®



YELLOW RIBBON SUICIDE PREVENTION PROGRAM®

P.O. Box 644 • Westminster, CO 80036-0644
Offices: 303-429-3530 • Fax: 303-426-4496

www.yellowribbon.org

www.myspace.com/yellowribbonheadquarters

ask4help@yellowribbon.org

National Crisis Line - 1.800.273-TALK (8255)

What is Yellow Ribbon?

It is a program to help teens and youth recognize the warning signs of suicide and teach methods that can lead to mental wellness and healthy life skills.

Yellow Ribbon 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. Teens shared the messages locally and began to mail them to friends and family. Within three weeks, word came of a girl saved after she asked for help using this bright yellow message, the hallmark of the program - the Ask 4 Help!® Card. The ripple effect began and a bright yellow (after his cherished '68 Mustang) bridge was built.

You may have heard of us before in such places as Chicken Soup for the Teenage Soul, or on Oprah's Talk Show.

You can help! 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 amount you probably spend a week for lunch, or a movie or DVD*) you can make a real difference. With your membership, you get your choice of a Yellow Ribbon Bracelet or a Yellow Ribbon Pin, Ask 4 Help!® cards and membership card (for discount on purchases).



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 (having parents with depression, substance abuse or a history of suicide)
- 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...

- Previous suicide attempts
- Abrupt changes in personality.
- Giving away prized possessions.
- Previous suicide attempt.
- Use of drugs and/or alcohol.
- 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 for Teens



- Spend time with family/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!
- Needing help is not failing, it's being human.

What could I do if a friend came 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, know that getting your friend help is always the right thing to do. Always take someone else's pain or crisis seriously. Remember, you are not expected to know all the answers. So, the most valuable thing you can do is to stay with them, really listen and tell an adult you trust.

What if I am going through a crisis?

Know that no matter what, no matter how severe the problem is, there are people who care! Sometimes getting the words out seem like the most difficult thing to do, but please ask 4 help!

Most people listed below are willing to help you if you reach out for help for a friend or for yourself!

- Counselor
- Pastor/Priest (doesn't even have to be your own)
- Doctor or Nurse
- Police Officer or School Resource Officer
- Trusted Relative
- Friend
- Parent

A well known life skill for saving lives in a fire emergency is "STOP-DROP-ROLL". The Ask 4 Help!® Card (below) explains a vital emergency life skill.

Where to get help

800.273.TALK or Give a Card to friend/trusted adult



BE-A-LINK® - SAVE A LIFE!

If you have received this Card, it 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!®
1-800-273-TALK (800.273.8255)