


Yellow Ribbon Suicide Prevention Program® Elders Brochure

- Yellow Ribbon Suicide Prevention Program® uses this brochure with our regular Be A Link!® suicide prevention training and with existing local senior's programs, i.e. Meals on Wheels, Senior Centers, etc. It has been developed, in part, in response to youth who have expressed concern for their grandparents, or elder family members/loved ones. Many of those older people are also raising - are the guardians of - our youth. This is a program with materials; brochures, wallet cards and trainings that have a **consistent message** of Be A Link!® (adults), Ask 4 Help!® (K-5 grades & 12-19 years) and *Got the Blues* (elders) which assists in communications between generations. *Our goal is to find funding to have a brochure(s) created with a better ethnic/race representation in the pictures and translated into other languages as needed. The wallet cards are available in several languages.*
- Front has a magnet. We encourage the elders to place the magnet on the refrigerator. The goal is to get them to Ask for Help!® before it becomes a crisis.
- The brochure is designed to allow local organizations to insert contact information, etc. (see pg 2. The location of the State of Colorado information would be replaced by local information).
- The brochure is available on disk for printing at local sites. Hard Copy is on 90 to 110# white stock

Yellow Ribbon Suicide Prevention Program® Wallet Cards

Card Front



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 Back

BE-A-LINK® – SAVE A LIFE!

If you have received this Card, it is a Cry for Help:

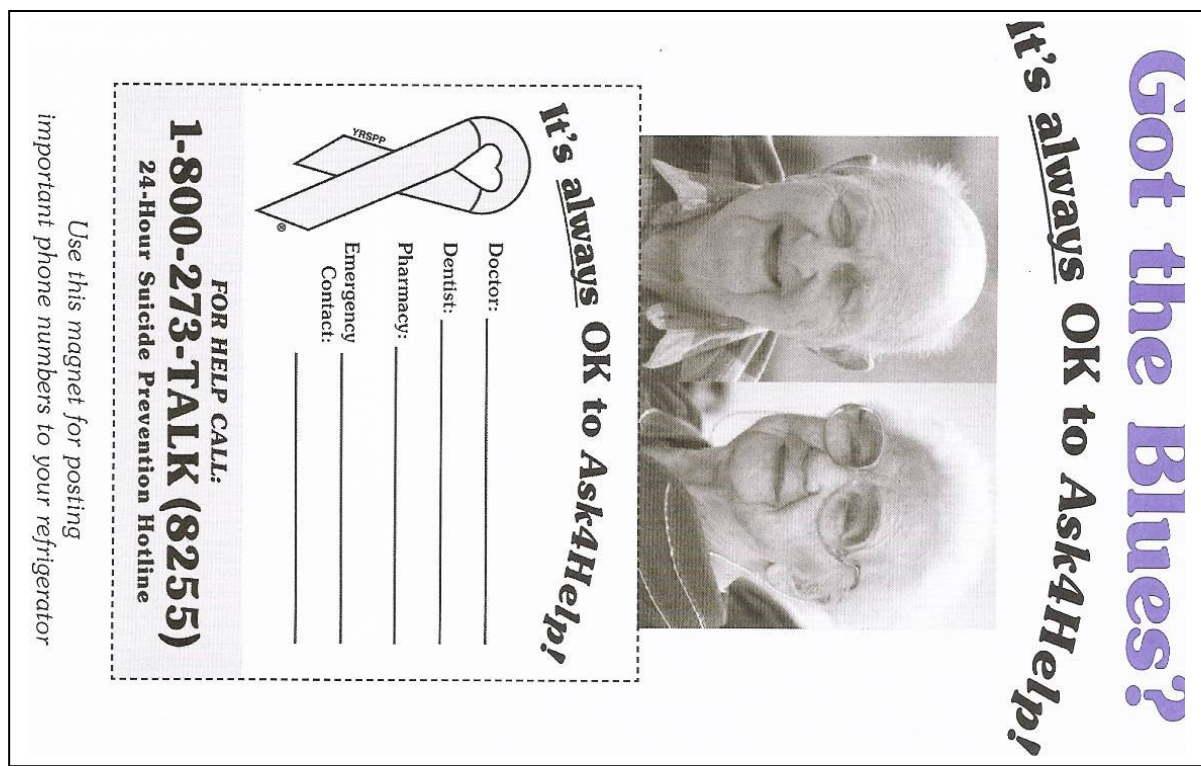
- Stay with the person - you are their *lifeline!*
- Listen, *really listen.* Take them seriously!
- Get, or call, help *immediately!*

It's OK to Ask 4 Help!

1-800-273-TALK (8255) 1-800-SUICIDE (784-2433)

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

Outside (front page) of Brochure without magnet



Got the Blues?

It's always OK to Ask4Help!

It's always OK to Ask4Help!

FOR HELP CALL:

1-800-273-TALK (8255)

24-Hour Suicide Prevention Hotline

Use this magnet for posting important phone numbers to your refrigerator

Doctor: _____

Dentist: _____

Pharmacy: _____

Emergency Contact: _____

YRSPP

Finding Help When You Are Feeling Blue

Resources listed in the yellow pages of your phone book include doctors, community mental health agencies, clergy and counseling centers.

Depression is not a normal part of aging!

The blues and depression left untreated can tragically result in suicide.

The cost of a suicide to society is the loss of talent, skills and knowledge, as well as the personal loss of a family member or friend.

The treatment for depression has a very high success rate. We can prevent the premature, unnecessary self-inflicted deaths of our seniors.

Remember...when you've got the blues...

It's always OK to Ask4Help!

This brochure was developed for The Yellow Ribbon Suicide Prevention Program by:

SPECIAL TASK FORCE,

Suicide Prevention Education Crisis Intervention Affirming Life

A division of Coloma Ambulance, P.O. Box 487, Coloma, MI 49038

To order more brochures, call the
Office of Suicide Prevention
(303) 692-2539



Colorado Department
of Public Health
and Environment

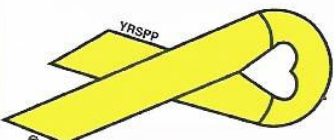
Outside

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Got the Blues? It's always OK to Ask4Help!



It's always OK to Ask4Help!



Doctor: _____
Dentist: _____
Pharmacy: _____
Emergency Contact: _____

**FOR HELP CALL:
1-800-273-TALK (8255)
24-Hour Suicide Prevention Hotline**

Use this magnet for posting
important phone numbers to your refrigerator

Facts on the Blues or Depression and Older Adults

- Feeling blue is not a normal part of aging; surprisingly, over 58% of older adults think it is.
- Late-life depression affects some 6 million people; but only 10% of these people ever ask for help.
- Depression often goes untreated because older persons do not talk to others about how sad or lonely they are feeling.
- Older adults are considered the group most at risk for suicide. Many suicides can be attributed to depression that went untreated because the individual did not ask for help from family, friends, clergy or their physician.
- Older people with marked symptoms of depression have roughly 50% higher health-care costs.
- Depression can be triggered by other chronic illnesses common in later life.



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Before you say, "I'm fine"...

Please ask yourself if you feel:

- Nervous
- Empty or numb inside
- Guilty or worthless
- Very tired and slowed down
- You don't enjoy things the way you used to
- Restless or irritable
- Like no one loves you
- Like life is not worth living

Or if you are:

- Sleeping more or less than usual
- Eating more or less than usual
- Having persistent headaches, stomach aches, or chronic pain



These may be symptoms of a treatable medical illness... **depression.** But your doctor can only treat you if you say how you are really feeling.

Depression is not a normal part of aging, talk to your doctor.

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