

# Yellow Ribbon Suicide Prevention Program®



***“Yellow for Awareness  
and Prevention,  
Heart for Survivors”***

The Light for Life Foundation of Southern California® was established in 1997 as a regional chapter of the Light for Life Foundation, International, after the suicide of a fourteen year-old North San Diego County high school student. The founding board members include the teen’s parents, minister, neighbors and friends. The original Board of Directors has been joined by other dedicated members whose lives have been touched by suicide.

Most people are surprised to learn that suicide is the third leading cause of death of young people ages 15-24. From 1995 - 2004, San Diego County has experienced 138 youth suicides between these ages. October 2006 marks our foundation’s 9<sup>th</sup> anniversary of working to save lives in San Diego County. During that time we have distributed nearly **470,000** Yellow Ribbon Lifeline Cards and have provided comprehensive suicide prevention education for over **138,000** middle/high school staff, students and parents. In addition we provide suicide prevention presentations and training for colleges, health classes, after-school programs, parent organizations, civic groups, service clubs, health and wellness fairs and community based organizations.

The Yellow Ribbon Suicide Prevention Program® strengthens the bonds between young people and the trusted adults in their lives and forms a support network of parents, school, and the community-at-large. Learning the symptoms, warning signs and risk factors for suicide and depression can help us to intervene before a crisis may occur! The Yellow Ribbon Suicide Prevention Program® is **NOT** a treatment program. It is an **OUTREACH** program that provides a **LINK** for those in need to experts who can diagnose and properly treat the problem. Countless youth are using our program to save themselves, their friends and their loved ones. Please join us in our efforts to save lives by sharing our message: **“It’s OK to Ask 4 Help®!”**

