



Shoalhaven Suicide Prevention & Awareness Network Inc

SSPAN Building Bridges

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To make tax deductible donations on line please go to www.sspan.org.au

Operation 'Blue Card'

People often find it difficult to ask for help and assistance, like managing work demands, moving house or even for everyday tasks such as carrying heavy groceries to the car. We live in a society that promotes the ideal that people should be able to help themselves with the trials and tribulations of life. This expectation of society is evident in the large 'Self Help' book sections in our libraries.

Asking for assistance can make us feel shy, embarrassed or guilty. As part of growing up we are encouraged to be more 'independent'. This independence is something that many young people strive for, to be self-reliant, and this is a normal part of the human condition and the developmental process. However, this attainment of self-reliance, and the value young people place on being independent can create a position where they find themselves in dilemmas when facing problems and difficulties where they may benefit from help by others.

We know that putting off asking for help; can make things worse in the long run. *'Everybody can have difficulties in life. Many of these difficulties we can solve ourselves. But sometimes we need help'* is the message we want to give young people.

It can be hard and sometimes an impossible task for a young person in crisis to summon up the courage and the words to ask for help. The 'Blue Card' is a simple means of removing some of the difficulty to ask for help. The young person in need is aware what support they are asking for, because it is clearly written on the back of the card.

The 'Blue Card' can reduce the difficulties young people may have when they are struggling to ask for help. Asking for help can be the first step to recovery and future resilience.

Front side



Reverse side



**FOR MORE INFORMATION ON THE BLUE CARD, OR TO ORDER CARDS,
PLEASE GO TO
WWW.SSPAN.ORG.AU**

SSPAN is a network of representatives from local services and community organisations. We work closely with the community to raise awareness on suicide with the aim to reduce the impact of suicide in the Shoalhaven.