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People Who Are Using Their Lives: Tie a Yellow Ribbon

The Oprah Winfrey Show

Dale and Dar Emme were seven minutes too late pulling into their driveway for their son, Mike. Mike, known as a cheerful caregiver to friends and family, took his own life. Mike Emme did not know how to express that he was in trouble and needed help.

At Mike's funeral, Dale and Dar were asked by Mike's friends what they could do to help others. Within hours of his funeral, the Emmes turned a heartbreaking tragedy into a miracle that has saved the lives of more than 1,500 young people. Their suicide-prevention program is named "Yellow Ribbon," after Mike's bright yellow Mustang.

It is a small card, the size of a business card, that teenagers across the world are carrying in their pockets. On one side of the card are the words "This card is a cry for help." On the other are steps and phone numbers for how to get help. The concept is that a young person presents this card to someone they trust when they feel suicidal. The person who is presented the card then becomes a "lifeline," staying with the teen until help arrives.

Dar says this rewarding work touches her soul to the very core. She and her husband distribute cards and talk to schools, church groups and youth centers throughout the U.S.

To learn how to start a Yellow Ribbon Suicide Prevention Program in your area, visit the Yellow Ribbon website at www.yellowribbon.org.