

How Can You Help?

The Iris Foundation would be delighted to accept your offer of any support by way of.....

- Cash/Cheque/Direct Deposit
- Corporate/Organisation Sponsorships
- One-off or annual fundraising event
- Promotional support
- Goods to be raffled/auctioned
- Event tickets/vouchers

**ALL DONATIONS OVER \$2
ARE TAX DEDUCTIBLE**

Cheques: payable to "Iris Foundation"

Direct deposit: Iris Foundation
Bendigo Bank Wyong
BSB 633 000
Acc 145738068

Pay online: www.irisfoundation.org.au

Please consider and make contact as **YOU** can make a difference in the prevention of suicide.

Thank You

www.irisfoundation.org.au



Further information

Email: admin@irisfoundation.org.au

Website: www.irisfoundation.org.au

Correspondence: Iris Foundation
22 Marks Road
Gorokan NSW 2263

Phone: 0429 921 149

The Iris Foundation would like to acknowledge the support of the following Central Coast businesses and organisations:



If you would like to contribute to the Iris Foundation through company sponsorship, please contact us – we welcome your corporate support.



Giving Hope



It is the mission of the Iris Foundation to promote early intervention as a key means to the prevention of suicide on the Central Coast.

The Foundation was established in 2006 by Bev Baldwin and Dawn Hooper - both familiar with the impact of suicide through their personal and professional experiences.

Initially set up under the umbrella of the Central Coast Community Chest, it is now a stand alone fully registered charitable organisation,

Giving Hope

through:

- ✓ Encouraging identification of gaps in current service provision and providing resources aimed at addressing those gaps.
- ✓ Providing support and financial resources for services and programs for at risk individuals and their families when no alternatives are available.
- ✓ Engaging individuals, groups and companies to assist in any way they can to make this a reality.
- ✓ Continuing to raise funds and building the Foundation as a lasting legacy for the benefit of the Central Coast community.

The Tragic Facts

One in five people in Australia experience a mental illness in any given year.



That is at least 60,000 people on the Central Coast.

Depression and anxiety are the most common mental illness (stigma Task Force 2007). Yet, regardless of the clinical diagnosis of an individual, the socio-economic demographics, life stresses and history of the individual are all evidenced factors in suicide (Suicide Safety Network 2009).

Suicide is THE leading cause of death in Australia for men under 44 and women under 34. In 2009, the number of deaths by suicide in Australia equated to one every four hours (ABS, Causes of Death 2009).

Suicide is an issue that has the potential to affect every one of us. Stress and mental illness are ever-present in our society. We need your help to enable the Foundation to support programs aimed at early intervention for at risk individuals, as well as help for families affected by suicide.

The 2010 Senate Enquiry into Suicide Prevention in Australia has brought to light the reality of the situation and many recommendations have been made to Government for appropriate action.

However, at a local level we can all act now and contribute in some way to making our community a happier place.

Most suicidal people don't want to die – they want their emotional pain to end. They will generally respond positively to those who can offer support in their time of crisis.

Over 400 young people under 25 die by suicide in Australia each year and many times this seriously consider or attempt suicide (Lifeline, Beyond Suicide Attempts, 2010).

The incidence of suicide deaths on the Central Coast remains well above the national average (NSW Health, Suicide On The Central Coast 2007 Report, 2009).

According to recent Roy Morgan polling:



2 in 3 Australians know of someone who has died through suicide, yet



1 in 4 do not know of any services that provide support for people who are suicidal.

**Early intervention
can lead to prevention**