





## JUST ONE MORE DAY

### INTRODUCING "YEERAM NYOO - JUST ONE MORE DAY,"

A LINE OF MERCHANDISE COLLABORATIVELY DESIGNED BY THE FAMILY OF ABRAHAM KNOX, A MUCH LOVED YOUNG MAN, LOST TOO SOON, AND NATHAN PATTERSON, BOTH PROUD FIRST NATIONS PEOPLE. THE DESIGN DRAWS INSPIRATION FROM AN ARTWORK CRAFTED BY ABE HIMSELF, SYMBOLISING CONNECTION AND COMING TOGETHER. THE FEATHER MOTIF EVOKES THE SPIRIT BIRD, CARRYING THE SPIRITS OF OUR LOVED ONES ON THEIR JOURNEY TO REST WITH OUR ANCESTORS.

THESE PRODUCTS AIM TO INITIATE CONVERSATIONS ABOUT MENTAL HEALTH. THE NAME, DERIVED FROM THE WADDAWURRUNG LANGUAGE, TRANSLATES TO "ONE MORE DAY," SYMBOLISING HOPE AND RESILIENCE IN THE FACE OF MENTAL HEALTH STRUGGLES. WHEN PEOPLE FEEL SO OVERWHELMED AND HOPELESS, A REMINDER THAT HOLDING ON FOR ONE MORE DAY CAN MAKE SUCH A DIFFERENCE.

**PROFITS FROM YEERAM NYOO WILL BE DEDICATED TO SUPPORTING SUICIDE PREVENTION EFFORTS WITHIN OUR COMMUNITIES. FOR THOSE IN NEED OF SUPPORT AND ADDITIONAL RESOURCES, PLEASE REACH OUT TO:**

#### LIFELINE:

131114 OR VISIT [HTTPS://WWW.LIFELINE.ORG.AU/CRISIS-CHAT/](https://www.lifeline.org.au/crisis-chat/)

**13YARN (FOR FIRST NATIONS COMMUNITIES):**

13 92 76 OR VISIT [HTTPS://WWW.13YARN.ORG.AU/](https://www.13yarn.org.au/)

#### SUICIDE CALL BACK SERVICE:

1300659467 OR VISIT [HTTPS://WWW.SUICIDECALLBACKSERVICE.ORG.AU/](https://www.suicidecallbackservice.org.au/)