



# Suicide Prevention

It's Every Body's Business!

'YES YOU CAN!'

## No Morphine to stop Suicide!

*\*Suicide is a particularly awful way to die: the mental suffering leading up to it is usually prolonged and intense. **There is no morphine equivalent to ease the acute pain, and death not uncommonly is violent and grisly.** The suffering of the suicidal is private and inexpressible, leaving family members, friends and colleagues to deal with an almost unfathomable kind of loss, as well as guilt. Suicide carries in its aftermath a level of confusion and devastation that is, for the most part, beyond description.\**

\*Jamison K. R, *Night Falls Fast*: Understanding Suicide 1999 p24. I found this quote on p23 of the *\*S.A. Government Suicide Prevention Strategy 2012-2016. Just Google same\**.

**Is YOUR night 'falling too fast'? When you go to sleep, do you secretly wish you'll never wake up? Just want2 curl up and never have to face UR day^?**

Now it's no secret that I have no formal qualifications for writing this column. Not a single shred of paper. But one of the best qualifications I DO HAVE is that I've been in this lonely, painful, scary, gut wrenching place^ myself AND for a number of weeks! But every cloud has a silver lining! **This is one of my best qualifications for writing this column.** So if this happens to YOU or someone you know, I've got some bad news and then some good!

### Bad News!

Even with the best professional help - especially if it's loss/crisis/situational driven, sadly, you may still **suffer while you're getting better!** I've had a lot of bad *stuff* happen to me including being violently sexually assaulted as a teenager, **but this time in my life was the very, absolute pits!**

### Good News!

Because I got **lots of professional and other help** and listened to one of my support team telling me over and over 'You WILL get through this', not only am I still alive but I'm more than halfway happy! Despite living on my own and recently having a heart attack, I feel very loved and valued by many. Every day I marvel how beautiful the world is & how *lucky I am to be still in it!* **More tips on how to survive this situation next time.** Meantime, if this happens to YOU pick up UR phone & get LOTS of help/support as below!\*

😊 **Think YOU can't handle it? Well I DID!!!** 😊

### YES YOU CAN!

This 'private' advert promoting general Suicide awareness, written by Tim Barritt, **funded by a caring Barossa Sponsor** is NOT A SUBSTITUTE FOR PROFESSIONAL HELP OR HELP LINES. If you or someone you know is feeling Suicidal, \*URGENTLY see a Doctor or dial Emergency 000, Lifeline 131114, Suicide *call back* Line 1300659467.