



Suicide Prevention

Every Body's Business!

'RUinalonelycrowd?'

RU Lonely?

It's worse for UR Health - than smoking...

15 Cigarettes a Day!



PM appoints Minister for Loneliness.

**From The Times, Jan 18, 2018, writer Laignee Barron.*

- *The U.K. has appointed a **minister for loneliness** to deal with what Theresa May called *'the sad reality of modern life'* for too many people.
- Physicians have long warned that social isolation is a growing epidemic that can have physical, mental and emotional consequences. It's been associated with higher risk of heart disease, diabetes, cancer and more, according to researchers.
- 'It's proven to be **worse for health than smoking 15 cigarettes a day,**' Mark Robinson, head of *Age UK*, Britain's largest *non-profit* - working with older people, told the *Times*.*

U can be lonely, ANY AGE, ANY STAGE, ANYTIME.

- At school/tertiary, single/in any relationship, on UR own/in a crowd, working/living alone; - in the outback – or in ANY CBD!
- Lonely people who are **Bullied**, have had **Sex Assault/other Trauma**, lost a **Loved One**, have a **Mental Health Issue**, and those who, like myself, are regular patrons of the *'Heartbreak Hotel'*...

R **MORE** susceptible to **Unhappiness**, **Depression** and **Suicide**.

So if UR current, permanent address is on *'Lonely Street,'* remember...

If UR *'in trouble'* - someone will ALWAYS ♥ U...

😊 ***PickUpURPHONE*** 😊

***Emergency 000, *Any Doctor, *Lifeline 13 11 14.**

Ad created by sheep farmer Tim Barritt, Barossa Valley. S.A.