

PROOF OF ADVERTISEMENT – *The Byron Shire Echo*

Your prompt reply with clear instructions regarding errors/ omissions or for approval is greatly appreciated




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Suicide Prevention

It's Every Body's Business!



WE NEED YOU!
'U never have 2 hurt alone!'



If U can't tell a Mexican by his sombrero...
How can U tell an Aussie – who is Suicidal?

Hiding our Emotional Pain

How often have I heard...
'He was the LAST person I thought would have killed himself!'

Protecting ourselves from the 'outside world' is something we ALL need to do, it helps to keep us emotionally healthy. If we've just had a huge fight with our partner, or our Doctor's found a lump somewhere and you're getting it tested, we don't want/need the whole world to know.

But when our level of emotional pain is beginning to make us unhappy, distressed, desperate or *suicidal, it's time to tell *someone!

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Why do we hide – when we need *help the most?

- Maybe it's a natural instinct when we feel vulnerable – like a ewe who's about to lamb will find a safe, protected place to give birth.
- Us Males may think we have to be strong and macho – 24/7!
- Women may think because they spend lots of time *looking after everyone else*, they have to be a *rock* – ALL of the time!
- We ALL might think others will see us as weak, and think badly of us!

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U don't have to 'tell the world' – just tell *someone!

My regular S.A. readers will know I've shared a lot of *stuff* publicly, like being sexually assaulted as a teenager, and brushes with depression, loneliness, cancer, heart attack, erectile dysfunction, workaholism and separation. No-one has EVER chosen to use this information against me in any way and...

I feel very loved, valued and respected by many. x x

😊 ***So don't hide! Stay Alive!*** 😊

Suicidal? Urgent, *Emergency 000. *Any Doctor. *Lifeline 13 11 14.

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

This is the proof for your advertisement in this week's edition of *The Byron Shire Echo*.

If the ad is correct or requires changes please let us know promptly. If changes are required clearly list all amendments to be made and return by email or fax. We work to tight production deadlines, therefore if we do not receive a response from you, we must assume that your ad is correct, and we can therefore accept no responsibility for errors or omissions.

Please note that the purpose of this proof is to check that the content of the advertisement is correct, not to provide a design mock-up. All instructions regarding design aesthetics must be made clear when booking the ad. Redesigning of layout that uses an unreasonable amount of production time will be charged at our Art Studio rates of \$60/hour.