

Suicide Prevention

WE NEED YOU!



It's Every Body's Business! [Mensline 1300 789 978](tel:1300789978)



***Men behaving Sadly!**



This excerpt* is by Bettina Arndt, Melbourne Age 1999, which begins ...

“Why does no one care about men killing themselves?”

*"There is solid evidence that recently separated men are responsible for the alarming increases in male suicide in the 25-44 age group. Dr Cantor (from the Australian Institute for Suicide Research and Prevention) found that separated males are 6 times more likely to suicide than married men, and almost 18 times more likely to suicide than separated women.

Since most children end up with their mothers after marriage break-up, it could be that family responsibilities reduce these mothers' suicide risk. But most separations (more than two-thirds) are now instigated by women – so it is men who are most likely to show the distress associated with being left rather than being the leaver.

Add to this the social isolation faced by many separated males, the loss of homes, assets and close contact with children, and it's hardly surprising more men seek a permanent way out."

If this happens to YOU ...

① **Feel like you can't go on? YES U CAN!***

You MAY feel overwhelmed with anger, 'revenge', loneliness, fear, panic, desperation and vulnerability – and think you just can't go on. BUT U CAN!*

② **Get connected and STAY connected!**

Reach for UR phone.* NOT a rope or a gun! If UR feeling Suicidal you must get professional help!* Don't try to get through this on UR own!* Then use your friends, mates, networks, connections – don't forget UR dog/faithful pet. Someone will ALWAYS love U!

③ **Know someone who this has happened to?**

Offer UR love, help and support. They may need lots, for a long time!



UNEVERhave2hurtalone!



*If UR Suicidal. Urgent? Emergency 000. Otherwise any Doctor.
Lifeline 13 11 14. Suicide Callback Line 1300 659 467,
Domestic Violence 1800RESPECT. Mensline 1300 789 978.

Advert created, written and paid for by sheep farmer Tim Barritt, Barossa Valley, SA