

# Suicide Prevention

It's Every Body's Business!



\*Ingrid Michaelson, a wonderful, beautiful, gifted singer/songwriter, New York born (1979) and bred, is part of a new generation of entertainers who actively promote and 'role model' a positive approach to Mental Health issues, particularly around heartbreak, loneliness and positive self esteem.

\*Google UTube 'BE OK', 'Girls chasing Boys chasing Girls', 'Maybe' etc.

It doesn't matter if UR a young teenager, an old 'dinosaur' like myself, or anywhere in between, if you're struggling with UR Mental Health, there is plenty of excellent help\* available. We're also so lucky to be well serviced with counsellors\* and psychologists\*.

Invest\* in UR Mental Health and...



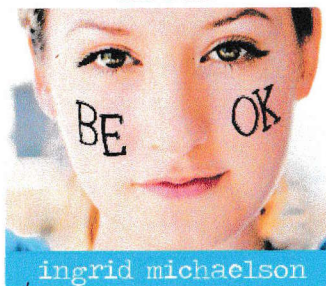
\*Urgent? Emergency 000.

Any Doctor. Lifeline 13 11 14.

Suicide Callback Line 1300 659 467.

Written by Tim Barritt. Funded by a caring Barossa Sponsor

Invest in UR Mental Health  
and U will



"Open me up and you will see  
I'm a gallery of broken hearts,  
I'm beyond repair, let me be,  
And give me back my broken parts  
I just want to know today, know today,  
I just want to know something today  
I just want to know today, know today,  
Know that maybe I will be ok!"

# Suicide Prevention

It's Every Body's Business!



♀ Women and Suicide ♀  
The 'forgotten' gender in Suicide Prevention.

Did you know that...

'At a minimum, suicide attempts occur 10 times as often as suicide, and women account for the majority of reported attempts'

From "Gender Impact Assessment no. 15" by "Woman's Health Victoria", 2011

Add to this the body of research that suggests Women may be more susceptible to depression than men, and there would appear to me to be a very significant number of unhappy Women in our Communities.

Men may be 4 times more likely to kill themselves than Women, but that still leaves a whopping 5,310\* Female who Suicided last decade! \*ABS Stats.

While a continued focus on Prevention for our Male is essential, Women rightly deserve lots of attention which is why this series of ads is almost always written for BOTH genders.

☺ For Aussie Women ☺

1. Maybe you spend lots of time looking after UR partner, children and 'everyone else', and think you have to 'be a rock' ALL of the time! It's very important that U recognise when YOU need help, and pick up UR phone!

2. There are, I believe, some things like Domestic and other Violence, and the issues around body image, that affect Women more. But there are many other Gender 'Common Threads' which cause Suicide like...

'Love life' related issues e.g. custody and Family Law, loss of self esteem, shame, rape and sexual abuse, depression/mental health issue, bullying, loss, grief, health or financial issues, trauma or some other crisis.

UR Life, Health and Happiness

So many very good reasons 2 make sure you keep...



"If UR Suicidal. Urgent? Emergency 000. Otherwise any Doctor, Lifeline 13 11 13. Suicide Callback Line 1300 659 467. 1800RESPECT, Kids Helpline 1800 55 1800.

Written by Tim Barritt. Funded by a caring Barossa Sponsor

# Suicide Prevention

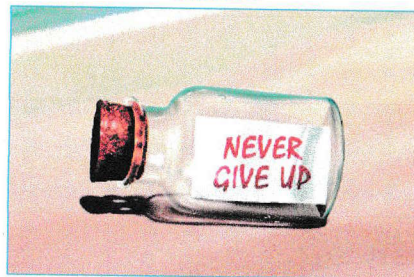
It's Every Body's Business!



\*Message in a Bottle!\*

Got that sinking feeling? All 'washed up' and ready 2 'go'...

Well someone - who's been there B4 - has left a little note...  
Just 4 U!



RU drowning in a sea of sadness,  
Anger, desperation or despair?  
Know there are many, who carry 4U  
A cargo of loving, life saving \*care!

Think U can't stay afloat anymore -  
UR much stronger than you think!  
U CAN always make it, back from the brink -  
Safely to UR shore!

If U never set sail without  
This \*life jacket around UR heart!  
You'll always have or be able to find  
A course to shore and safety, 4U to chart.

So when UR seas are dark and stormy,  
This little \*note, will never fail  
To keep U in UR tiny boat,  
Safe, dry, warm - and always safely afloat!

There's \*LIFE\* in THIS bottle! ☺

ent? \*Emergency 000. \*Any Doctor. \*Lifeline 13 11 14.

\*Suicide Callback Line 1300 659 467.

ten by Tim Barritt. Funded by a caring Barossa Sponsor.

# Suicide Prevention

It's Every Body's Business!



When home is where the hurt is!

"Late last night I heard the screen door slam,  
And a big yellow taxi took away my old man!" \*



\*Joni Mitchell, 'Big Yellow Taxi', 1970.

In an IDEAL world, every home should be a place of happiness, security and safety for each and every person in it. ALL of the time!

In the REAL world, sadly this is not always the case. Many Suicides\* happen because 'things' are not right at home. Someone may have died or left, have a Mental Health, gambling, drug or alcohol issue or addiction. There may be Domestic Violence\*, relationship break down/separation, loss of home/access to children re Family Law etc, sex abuse - this list is endless!

So if the safe, secure, happy home of UR heart has become the home of UR fear and/or UR hurt, reach out for help! Children\*, including teenagers are particularly vulnerable to sex abuse, they can so easily be overpowered, physically and emotionally. Remember, if UR committing ANY violence\*\* to ANYONE there is NEVER\*\* any excuse for violent behaviour!

Every fridge in EVERY Aussie home should display these numbers for adults AND children\* to see and use! They may save UR life, or someone else's!

\*URGENT? Emergency 000. SAPOL 131 444. All numbers are 24/7. Any Doctor or Mental Health Professional. \*D.V. 1800RESPECT.

\*Suicide Callback Line 1300 659 467. Lifeline 13 11 14

\*\*Kids Help Line 1800 55 1800. \*\*MensLine 1300 789 978.

☺ U NEVER have to hurt ALONE! ☺

Written by Tim Barritt. Funded by a caring Barossa Sponsor