

WE NEED
YOU!



**It's O.K. to say
I'm not O.K.!**

- 1. If urgent? Reach 4 UR phone*,
not a rope or a gun!**
- 2. See UR Doctor ASAP if UR
feeling low/depressed/suicidal!**
- 3. Look out for UR mates/loved
ones and those around you.
Ask often - 'RUOK'?**

😊 **UNEVER**have**2hurt****ALONE!** 😊

Pick up UR phone!

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

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