

WE NEED  
**YOU!**



# Suicide Prevention

**It's Every Body's Business!**

**"It's not rocket science!"**

Did you know that many *salt of the earth* Aussies take their own lives NOT just because they may be suffering from medically diagnosed depression, but simply because they come across one or more of the 'trigger factors' below?

- **Loneliness, in particular 'emotional isolation'**
- **'Love life' related matters in particular being 'left' by a lover/partner**
  - **Family Law inc access to children and property settlement**
- **Financial, 'scandal', grief, loss of job, loved one or something precious**
- **Bullying, rape, sexual abuse - either sex, any age, any place, any time**
  - **Shame, substance abuse, loss of good health or self esteem**

Did you know that if the number of deaths in the last decade is repeated going forward (using ABS Official Stats) - **22,342 Good Aussies will die from suicide in the next 10 years! This figure includes 5,017 Females! Yes, our beautiful Aussie Females suffer too!**

**Did you know that one of the best antidotes to suicide is the loving, caring, understanding, help and support that **YOU** may be able to give – to someone in your own community who is *doing it tough*?**

**Anyone, regardless of age or gender** – who is confronted by any of these 'trigger factors' will need bucket loads of loving support to help them through their emotional pain, and perhaps to make some positive and possibly difficult changes or adjustments - to their own life situation.

☺ **Picking up your phone. It's NOT rocket science! Ring. Text. Drop in!** ☺

**But do something to tell that person they are loved, valued and important to you, and that you can *be there* for them - 24/7 if needed!** Your valued help may be as simple as including them in your own, family, sporting or social activities, suggesting they see their doctor – or helping them finding some constructive, positive, healthy ways reduce their emotional pain!

This 'private' advert promoting general Suicide awareness, written and paid for by Tim Barritt **is NOT A SUBSTITUTE FOR PROFESSIONAL HELP - OR HELP LINES. If you or someone you know is feeling Suicidal, the first port of call should URGENTLY be a Doctor or Emergency 000, Lifeline 131114, Suicide call back Line 1300659467**