

WE NEED  
**YOU!**



# Suicide Prevention

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

**'I only 'got' – about TWO!!'**

## Suicide Prevention Numbers Quiz!!

- Q. What number do you get when you put three Zero's together?  
A. Now the answer to **THIS** question is NOT ZERO – *it's worth 'an absolute MILL!'* It's **EMERGENCY 000**. This precious number is so easy to remember and **MAY SAVE YOUR LIFE - or someone else's!**
- Q. What's the phone number of your local, friendly Doctor?  
A. Ever heard the phrase **'People who are properly connected to their Doctor are more likely to live longer.'** Now who said this? It wasn't Uncle Sam. You just KNOW how reliable he is!! **So don't take it from Sam, don't even take it from me! Take it from our Beautiful Aussie Females – they got this message years ago! That's why they live longer and far less of them Commit Suicide!!** Don't have a doctor or one **YOU** like? Shop around! Find one YOU like - ASAP!
- Q. How many stars are there in our beautiful, night time skies??  
A. **Now Uncle Sam might tell you but would you believe him?** Especially if he's been **'on the turps'!** *Again!* Who does really know - but it's a HUGE number. **Now another HUGE NO. is 22,342** which is much more reliable because this is the ABS officially recorded no. of Aussie deaths from Suicide in the last decade. With no significant downward trend in this time - going forward - **22,342 Good Aussies** will suicide in the next 10 years if **YOU** and **I** don't do something about it! Don't let YOU - become the next STATISTIC!
- Q. What's an even bigger number - **of people in emotional pain?**  
A. **"For every One Suicide, at least 6 other people are deeply affected for the rest of their lives."** (Source beyond blue).  **$22,342 \times 6 = 134,052$ .**
- Q. What's the most beautiful, LIFE SAVING NUMBER in Prevention?  
A. **TWO!! 2 PEOPLE TOGETHER** have TWICE the Awesome power of 1! No one should ever have to be alone when they are in HUGE emotional pain; feeling desperate, hopeless or suicidal. We ALL carry this Awesome Power - to pick up our phones – and reach out for help! Or to offer someone else some loving, caring, Life Saving help, company and support.  
😊 **Reach out!** Pick up your phone! It's just **NOT** rocket science! 😊

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.