

WE NEED  
**YOU!**



# Suicide Prevention

It's Every Body's Business!

"It's not rocket science!"

## Payback Suicide

**'Getting Back' - at someone else!**

Some people end their lives to **'get back'** at someone, often a lover out of 'revenge', perhaps a spouse over Family Law - like property settlement or access to children, or for some other form of **'emotional kickback'**.

While the person who Suicides will NOT be around to **'reap'** the **'benefits'** of this emotionally violent behaviour - **those left behind who may be the intended targets of this 'pay back'** - will often take **'this message'** with them, along with their anger, grief and sadness – to their graves!!!

**THERE ARE MANY, MANY MORE POSITIVE, CONSTRUCTIVE WAYS TO SOLVE YOUR 'INSOLVABLE' problems** - like staying alive, getting the help and support you need and deserve - to make some positive and constructive changes to your life, and help **'get you through'** this very difficult time! **KILLING YOURSELF, OR DELIBERATELY HARMING ANYONE ELSE, PHYSICALLY OR EMOTIONALLY, INCLUDING CHILDREN - SHOULD NEVER BE AN OPTION!** If you find yourself starting to have ANY thoughts of self harm or harming someone else, **you need to urgently seek Professional Medical attention!**

When there's been relationship conflict/breakdown, the *air* can be thick with anger, hurt and 'injustice'; when children, business partnerships, egos, reputations, houses, properties, superannuation's and people's *precious future dreams* are ALL put into a potentially lethal, legal cocktail! These situations are amongst the hardest to see your way out of. Rebuilding your life may feel totally impossible. It may not be easy and won't happen overnight. **But there's ALWAYS a 'way through' – as many good Aussies have found out before you - who are now still alive and halfway happy!**

If you know or suspect someone may be about to self harm or harm **YOU** or **ANYONE ELSE - URGENTLY contact Police 000** or National Sexual Assault – Domestic/Family Violence Counselling Service 1800RESPECT (1800 737 732).

**THE LIFE YOU SAVE DOING THIS – MIGHT JUST BE YOUR OWN!**

😊 We need **YOU**. To reach out for help! It's **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.