



Suicide Prevention

It's Every Body's Business!

"Don't 'deadlock' YOUR door!"

Behind Closed Doors!

Time and time again we hear after someone has Suicided **"He/She is the LAST person you would have thought would take their own life."**

Unfortunately none of these 'Salt of the earth' Aussies are still alive to tell us why – but 'my take' on the reasons is as follows ...

We all have the choice of deciding just how much of the *Inner world* of our precious hearts and minds that we let the *outside world* see. Keeping enough hidden from 'outside prying eyes' **helps to keep us emotionally healthy and gives us a sense of inner protection** – so we can all choose just how much of our inner selves we want lovers, partners, children, family, friends, workmates, nieghbours, Community etc to see.

But this '*inner world*' can be put under huge pressure for many reasons! It may be depression or mental illness but all too often its '*external*'; *love life*, financial, legal, Family Law, scandal, bullying, rape, sexual or substance abuse etc! Suicides happen when we then become distressed, depressed, isolated, lonely and then 'desparate' – **and instead of listeneng to these emotional ALARM BELLS and getting the help we need and deserve - we 'DEADLOCK' OUR DOOR - and pull down the shutters on all the windows!!**

It's at this very point that 'Prevention' awareness needs to 'kick in' – if your heart or mind is ringing these alarm bells, **it's time to unlock you door, take what may seem like a huge and self revealing step – and let someone else inside!** If it's urgent, dial 000, or see your Doctor if you can wait that long.

But remember, the people in your OWN life, your partner, lover, family, mates, friends and pets can ALSO give you HUGE support if you let them! **Too frightened, stubborn or 'private' - to ask for Help?? Many good 'salt of the earth' Aussies have trodden this path before you!! AND are still ALIVE!!**

In 6 years of doing 'Preventative Community Health' I have shared a HUGE amount of myself with my readers. Funny thing! In all this time I have NEVER HAD anyone try to use this information against me – or to my knowledge - think less of me for it. To the contrary. People have never been so warm and friendly to me. **Don't DEADLOCK YOUR DOOR. Open up to HELP – and LIVE!**

😊 **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.