

WE NEED
YOU!



Suicide Prevention

It's Every Body's Business!

"It's NOT rocket science"

Suicide Prevention for our Professionals!

If **YOU** are one of our hard working Doctors, Lawyers, Police, Emergency Services, Nurses, Mental Health Professionals, Teachers, Accountants, Banking and Finance ... the list goes on - **YOU** can play a vital role in Suicide Prevention by doing two very important things ...

1. **YOU** need to look after and take good care of yourself! Just because you are a trained Professional - you are NOT IMMUNE from the ravages of personal crisis, Depression and Suicide. Why should you be? **YOU** may think that because you are trained to do what you do, that this training somehow 'exempts' you from *being human!* Research commissioned by Beyond Blue (2010) shows 'Suicide and Depression are more prevalent in the Medical Profession than in the general public'. It's also claimed "Lawyers are more susceptible to Depression than any other Profession" (ABC Law Report 5/4/11). **ALL the 'rules' and suggestions in this series of life saving Ads apply to YOU!**

2. Here I do not try to 'tell **YOU** what to do' - but rather pose a set of questions which **YOU**, your Practice or Profession might like to consider!

- What strategy/training do **YOU** have in place **to help or guide into care and support**, someone you are working with who you think is - or is about to become 'at risk' - i.e. distressed, desperate or Suicidal?
- Does this strategy form part of your Duty of Care to this person?
- Is this strategy written down, discussed and acknowledged by your Practise and your Profession, and regularly revisited and updated?
- Can you think of any ways **YOU** can better help such a person?

If I *ran the world* every Doctor's waiting room would have this sign ...

THIS PRACTICE VALUES YOUR EMOTIONAL HEALTH!

If you are feeling Depressed, Anxious, Lonely, Desperate or Suicidal - or know someone who is - **YOU ARE NOT ALONE!** Please feel very free to mention and discuss this with your Doctor.



Looking after **YOU**. THEN looking after you Clients!



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.