

WE NEED  
**YOU!**



# Suicide Prevention

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

**"Yes YOU CAN!!!"**

***I can't handle this! I just can't go on!***

**Yes YOU CAN!**

***\*"Sometimes we know, sometimes we don't  
Sometimes we give, sometimes we won't  
Sometimes we're strong, sometimes we're wrong  
Sometimes we cry***

***Sometimes it's bad - when the going gets tough  
When we look in the mirror and we want to give up  
Sometimes we don't even think we'll try  
Sometimes we cry***

***Well we're gonna have to sit down and think it right through  
If we're only human what more can we do?  
The only thing to do is eat humble pie  
Sometimes we cry"***

## 6 things to remember about Acute Emotional Pain!

1. **"Sometimes We Cry!"\*** As this most beautiful, heartfelt - down to our 'emotional earth' song by Van Morrison says - if you are having acute emotional pain; **YOU ARE NOT ALONE!!!** - just **'join the club'!**
2. There may well be **NOTHING 'WRONG' WITH YOU!** If you're living, loving and experiencing all the often wonderful but sometimes painful things life offers - **Sometimes you'll hurt! It's almost certain!**
3. There are millions of people around our Planet experiencing similar pain - **WITHOUT COMMITTING SUICIDE TO END IT!!!**
4. We are ALL taught how to self medicate a headache initially with 'off the shelf' pain killers. **We are not taught how to treat, survive and overcome EMOTIONAL PAIN.** This is why there are so many Suicides!
5. The cure is often 'Time' + **bucket loads of Personal Support!**
6. **Please remember to always consult your Doctor if your pain persists!**

Think you can't handle it? Think again! - **YES YOU CAN!!**

😊 **We need YOU. To 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.